

# 70 things to do at home with young children

We have created a pack of ideas for you to try at home to continue to support your child's development.

This is not a tick list, but suggestions of ways to engage your child and promote their love of learning.

Many of these activities do not require any additional resources, as in school, we have tried to think of ideas that are open ended and flexible.

Choose as many as you like, repeat your favourites or make up your own!

Please share on Tapestry.

## Websites

- Reflect upon your child's learning on Tapestry for more ideas
- <http://naturedetectives.woodlandtrust.org.uk/naturedetectives/>
- <https://fiveminutemum.com/>
- <https://www.bbc.co.uk/cbeebies/radio>
- <https://www.natgeokids.com/uk/>

## Personal, Social and Emotional Development

- Establish a routine – make some visual cards with your child to represent these – eg breakfast time, exercise time, cooking time, bed time
- Relaxation and candle time (see cards)
- Exercise time (Happy – Pharrell Williams)
- Snack time – preparing fruit, pouring own drink, washing up
- Talking to your friends – via FaceTime, Skype, on the phone, writing letters and messages to post through their door
- Sharing photos on Tapestry for your teachers to see
- Dancing
- Jobs to do at home – eg loading the dishwasher, dusting, hoovering, tidying up their belongings, gardening, washing the windows, cars, bikes, scooters
- Sharing a family meal – Tell me something that you have enjoyed doing today...
- Quiet time – time for children to rest and relax
- Thank a community hero
- Tell jokes!

## Communication and Language Development

- Making puppets out of old socks, sticks, cardboard to support retelling of story
- Read and reread familiar stories to develop vocabulary
- Encourage your child to tell their favourite toy a story
- Record a video of your child reading and play it back to them or send it to us on Tapestry or to a relative or friend
- Story scribing – encourage your child to tell you a story and you write this for them – this can then be acted out by the whole family
- Read stories with repeated refrains, such as traditional tales or Julia Donaldson books
- I spy games – eg. something that is red, something that is r,e,d (using letter sounds)
- Make a musical band – use saucepans and spoons, create shaker toys using milk bottles and rice etc
- Sing nursery rhymes and act them out
- Silly rhymes
- Shopping bag game – I went to the shop and I bought an apple - next person – an apple, a potato
- Poetry baskets – see Tapestry for the poems we have learnt so far
- Write a letter or card to a relative or friend (adult can scribe for the child)
- Create a story bag – of favourite story or a mix to create a new one
- Play describing games – what's in the box, describing an animal or toy

## Physical Development

- Choosing your outfit for the day and getting dressed independently – including shoes and socks
- Dancing – play musical statues, musical bumps, have a competition
- Obstacle course – indoors or outside – can use cushions, masking tape as a line to follow
- Jumping games
- Write a shopping list for when you go to the shops
- Large paper - create marks to music, create a road for toy cars, draw a village – follow your child's interests
- Bubble blowing
- Building – plan, design and create, visit a building site
- Tummy time – fill ziplock bags with cooked porridge, shaving foam, washing up liquid, salt – masking tape the bag to the floor, let your child explore
- Explore tools – any old electrical items can be dismantled and explored
- Ball games – throw and catch, football, aiming at a target, skittles (use plastic bottles or cans from the kitchen)
- Water painting outside - use a container and a brush or roller (if you have one!)
- Beanbag races – can use a bag of rice, or a pillow!
- Chalk!

## Seasonal Ideas

- Listening walk – compare busy with quiet (eg walking in a park or near the road)
- Create a nature diary – go to the same place and record what you see and how it is changing (you can take a photo, draw a picture or write about it)
- Nature treasure hunt – use an empty egg box to collect items – use these for sorting, storytelling, making faces or own creations
- Flower crowns – Stick natural objects to a piece of paper
- Bird hunt
- Make a den
- Make a nest
- Magic wands – elastic bands to tie natural items to a stick
- Potion or perfume making – petals, water, mud, bowls, spoons – explore!
- Leaf snap
- Make a fairy garden or an animal home
- Make a rain collector – measure the rainfall!
- Go puddle jumping!
- Find a hill – climb to the top and roll down – or slide!
- Stick hunt – collect sticks, compare size, length, width, what will they become?
- Climb a tree
- Bug hunt – what can you find?

## Extra ideas

- Card games – snap, memory games, building houses
- Play pass the parcel – wrap up puzzle pieces in newspaper, wrap your fruit up
- Cup games – 6 cups with 6 challenges inside – throw a ball (can make one out of newspaper) into a cup and do the challenge (eg do a star jump, clap 10 times, sing a song, do a crazy dance)
- Water play in the bath – use items such as scoops, medicine syringes, ladles, whisks (no sharp objects)
- Ice play – freeze small toys or flowers in water and then explore!
- Washing toys – create a car wash, bath babies
- Colour mixing with coloured ice cubes
- Target practice with spray bottles
- Dance party with torches
- Cardboard boxes
- Play with favourite toys!
- **Cooking**
  - Smoothies using frozen fruit
  - Flapjacks
  - Wraps for lunch
  - Pizza (can use pittas or wraps as the base)
  - Fruit skewers
  - Fairy cakes
  - Porridge
  - Pancakes
  - Toast – spreading
  - Popcorn