



## Learning Resource Pack

We have produced a booklet of learning and interactive activities for you and your child. Play is important for the early stages of brain development and can help build relationships for later life, it also helps to develop important skills for earning, life and work.

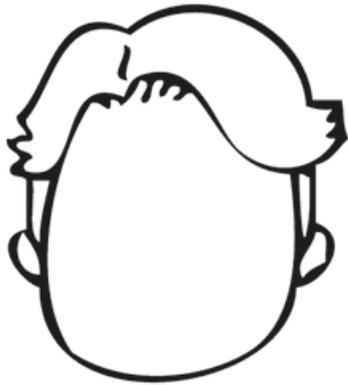
### **Content**

**We have included a range of different activities, below are the contents:**

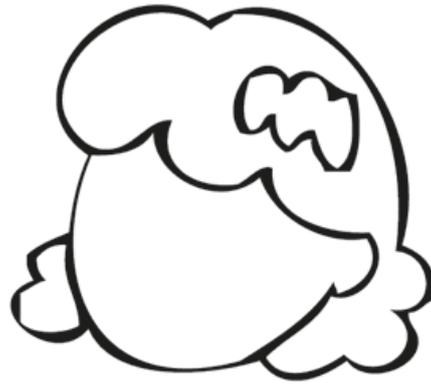
- Learning emotions
- Lego fun
- Play dough
- Writing
- Rock out
- Messy play
- Outdoor play
- Maths at home
- Useful websites
- Rhyme time booklet

## Emotions – How do you feel today?

Designed to teach children about their own feelings and emotions. You can gain an insight into your child's thoughts and feelings through their drawings. Being able to express what they feel also boosts a child's emotional intelligence.



I'm happy



I'm sad



I'm sleepy



I'm afraid



I'm angry



I'm hot

## Lego- What can you build today?

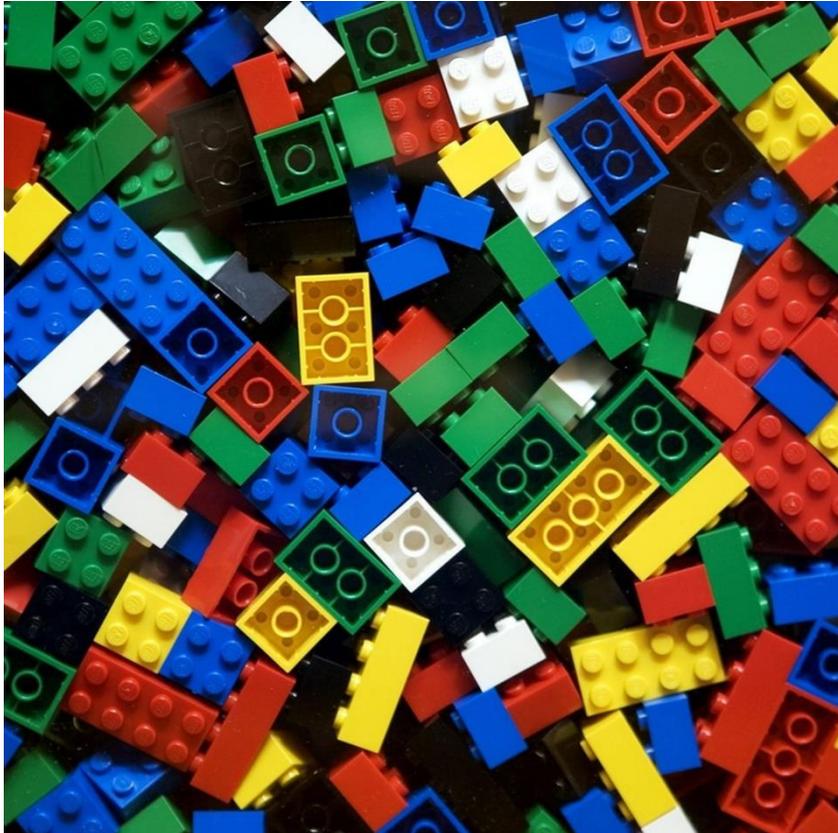
Lego teaches children the importance of persisting with a task and see their creation visually take place. Using Lego encourages children to have a go and get involved, take their time and to persevere. It also helps with fine motor skills helping them to construct and follow more complex designs and patterns.

Can you build a tower of 10?

Work together to build a house, car, castle etc.

Can you build a red wall?

Ask your child open ended questions to further their imagination. E.g. where does this piece go? What should we make? Who could live here? Why have you put that brick there? When does the door need to go on?



## Playdough- what can you make?

Play dough is great for learning hand-eye coordination as they use their hands to shape and build and also developing fine motor skills. This also helps build up strength in their small hand muscles and tendons, making them ready for pencil and scissor control. Adding other elements, such as smell, can increase imaginative play.

### **Playdough recipe**

1 ½ cups of flour

1 cup of salt

1 ½ cups of water

You can also add a few drops of food colouring or paint to make coloured playdough

Mix together the flour and salt in a bowl then add the paint or food colouring (if you are using it). Slowly add the water and mix it with a spoon or your hands, you may not need to use all the water.



Can you make 3 cakes?

Can you roll it into a ball or a sausage?

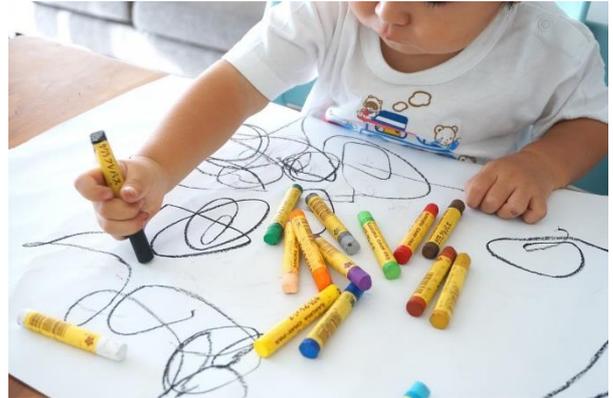
Can you use your playdough to take part in a dough disco?

<https://www.youtube.com/watch?v=3K-CQrjI0uY>

Ask your child open ended questions to further their imagination. E.g. Where does this piece go? What should we make? Who could we make this for? Which one is bigger? When is it ready to use? How could we make a pizza?

## Writing skills and Fine motor development

Handwriting helps develop a child's fine motor skills. When a child is taught how to write, the first thing they learn is how to hold the pencil. Then they are encouraged to express their creativity in mark making and then onto forming letters. Hand and fingers muscles will become stronger.



### Writing

**Can you write your name?**

**Can you make a card for someone?**

**Can you name some letters of the alphabet?**

**Ask your child open ended questions to further their imagination. E.g. where is the red pencil? What are you going to draw/make? Which colour is your favourite? How many flowers have you drawn?**

### Fine Motor Activities

1. Squeeze a small sponge or small ball of paper.
2. Sit at the table and try to move fingers as if playing fast music on the piano.
3. Put heels of hands together and fingers curled, finger tips apart. Child tries to touch corresponding tips one at a time as quickly as possible.
4. Use thumb and fore finger of writing hand to open and close spring clip pegs.
5. Finger flicking – roll small piece of tissue into a ball. Then flick into a 'goal'.
6. Picking up and placing small items with fingers e.g. pegs in a peg board.



## Messy play – how messy can you get?

Messy play is a great way of exploring multiple senses with benefits including; fine motor skills, gross motor skills, muscle strengthening, hand eye coordination, body control and balance, communication and enhances learning and play.

### Water

Water can be great for messy play it can be liquid/solid, warm/cool.

- Pouring and splashing
- Used as ice. Different colours, and objects/shapes in the ice. How the ice melts to a liquid form
- Coloured with food colourings
- Bubble bath



### Jelly

Jelly has a great texture, smell and colour.

Squeezing

Touching with tools/fingers

Melt the jelly and put objects in it

Scooping with hands/containers

Exploring and having fun



### Tinned tomatoes

Tinned tomatoes are great because they are so versatile.

Great for squeezing

Shape of the tomatoes encouraging poking, touching with one finger

Chopped tomatoes are also good to explore

Scooping with containers

### Shaving foam

They have a great different texture. Very light and airy. When the children clap their hands together the foam will float in the air!

You can spray onto a survival blanket to enable to move around easy and use hands and feet to make marks

You can use on mirrors for visual experience to explore 'ourselves'



## Outdoor Play- What awe and wonder can we find outside?

The EYFS puts a huge emphasis on the importance of Outdoor play and states, below are some of key reasons why:

- Being outdoors has a positive impact on children's sense of well-being and helps all aspects of children's development.
- It gives children first-hand contact with weather, seasons and the natural world.
- Outdoor environments offer children freedom to explore, use their senses, and be physically active and exuberant

### "To Go" boxes

The concept of a "to go" box is: the children can access things that they wish to use quickly, and efficiently encompassing each area of the EYFS. The boxes should be fairly small and have a handle, so a child can choose to carry them out. Some ideas are:

- Superhero box: capes, long gloves, 3D glasses, sashes/scarves, walkie talkie, pens, mini notepads
- Car mechanics: repairs sheets, rulers, pens, pretend diary and tool belts
- Map making and explorer box: rolled tubes to carry maps in, kaleidoscopes, fake maps, globes
- Spy/detective box
- Wildlife box: magnifying glasses, pens, pencils, animal identification notebook to tick what they have seen, cameras



### Mud Painting

Try mixing lots of different mud paints and painting with them on natural surfaces as well as paper. Why not try doing it with your nature stick brushes too?

### Mud Puddles

Peppa Pig is not the only one who loves jumping in muddy puddles and for young children there is lots to be learned from exploring them. Splashing and squelching gives children first-hand experience of textures and materials and exploring floating and sinking is much more fun in a muddy puddle than in a water tray.

## MAGICAL MUD PIES

by Crafty Kids at Home



## Maths – Lets get counting!

Maths is an important part of learning for all children in the early years and receiving a good grounding in maths is an essential life skill. As well as numeracy, it helps skills such as problem solving, understanding and using shapes and measure and developing their own spatial awareness.

### How to help learn maths at home:

#### Doing the washing



Counting in 2s – matching shoes  
Sorting by colour and size.  
Matching/pairing up socks.  
Find four shoes that are different sizes.  
Can you put them in order.

#### Food

Can you cut your toast into 4 pieces? Can you cut it into triangles?



Setting the table. Counting the right number of plates etc. How many more do we need?

Can you make shapes/ patterns out of the knives and forks. Can you put them in the right place in the drawers?

Helping with the cooking by measuring and counting ingredients

Positional language at dinner time: what is on the rice, where are the carrots etc?

## Useful websites

Below are some useful EYFS websites to help whilst at home with your little ones. You can find some engaging early years activities for children from birth to 5 years.

<https://www.twinkl.co.uk/resources/home-early-years>

<https://nrich.maths.org/early-years>

<https://www.tts-group.co.uk/early-years/>

<http://www.bbc.co.uk/learning/coursesearch>

<https://www.natgeokids.com/uk/>

<https://thekidshoudseethis.com>

