

Week
Five



This week's activities for you to try at home with your child are about the **Prime Areas of Learning - Personal, Social and Emotional Development, Physical Development and Communication and Language**. Remember every child is unique and learns in different ways and shows different interests.

Doing the Chores - the best workout! Stretch and bend while doing the washing and hanging it up, sweeping with a dustpan and brush or helping to Hoover. Exercise your fingers squeezing clothes pegs or pressing the 'on' buttons on the washing machine or vacuum cleaner.
Moving and Handling; Fine Motor (hands) and Gross Motor (big movements and coordination)

I can... - think of something you would like your child to be able to do for themselves. Or they may have their own idea; feeding themselves, holding a cup, pouring a drink, doing up a zip or button. Find ways for them to practice this little and often, and not just at the times they might need to do them; pouring and filling in the bath, spoons and ladles in a bucket of water, dressing Teddy.
Health and Self Care

Happy box - use an empty food packet/box, that can contain a few things. Start by talking about being happy. Make happy faces together, draw a smiley face. Do they feel happy anywhere else (warm tummy, tingly toes?). Ask your child what they would like to put in their box - e.g. a toy, a special pebble, a photo of a relative. Together, go on a search for 3 things that make them happy - it can be anything they like. Use lots of talk - about what they have chosen and why it makes them happy. You can support them by having your own happy box of 3 things to share with them. For earlier stages of development use feeling words about special objects; "You're happy cuddling bunny."
Managing Feelings and Behaviour

Getting to know you - You'll need a ball to roll; you can make one by screwing up some paper tightly and then taping round it. You can play this with just you and your child, or invite other family members to join in. Sit opposite each other/in a little circle. Begin by rolling the ball to your child and say their name. They receive the ball and roll it back to you/to someone else in the circle and say the name of the person they are rolling it to. Do this a few times. Then roll the ball and ask a question; "what's your favourite colour? What's your favourite fruit? What do you like for dinner? What's your favourite TV show?" Encourage your child to answer a question when they receive the ball and ask one when they roll to someone else. If they're not sure, you can model saying the name/asking a question for them as they roll. For earlier stages of development, stick with rolling and naming. Do you learn anything new about each other?
Making Relationships

Mirror, mirror - find a way of placing a mirror low down so your child can see themselves. For babies, place it safely on the floor close by - give them time to notice themselves. What do they do? For children at later stages of development, look in the mirror together, talk about what you see; hair, eyes, nose, mouth. Talk about similarities and differences; taller, shorter, red jumper, blue t-shirt. Add some fun things to wear - woolly hat/sunhat, wellies/slippers, sunglasses/scarves.
Self Confidence and Self Awareness

Who's that? - if you can, try recording voices of other family members. Those who are not with you could send a remote recording (e.g. a grandparent). Choose a quiet moment and play one of the voices; can your child guess who it is? Do they have to listen carefully? For earlier stages of development, model guessing; "who's that? Is it...or is it...?" If you don't have a way to record and you do have another family member in the house, ask them to hide close by and say something. Model the guessing as above. Then let your child enjoy the peek-a-boo part of seeing a family member appear!
Listening and Attention

I see a... - say an object that you can see and then use different words to describe it; I see a jumper - blue, soft, bobbly, small, spotty. Do this a few times and invite your child to join in. They can either choose something for you to describe or have a go at describing things themselves. How many words can you both come up with? For earlier stages of development, model using descriptive words as you play with your child; soft bear, spiky dinosaur, smooth floor.
Speaking

Sock Puppets - you just need a couple of socks! Your child can make eyes by cutting them out of paper and sticking them on if they like. Pop them on your hands and have fun making the sock puppet 'talk'. Use a silly voice, silly words, get the puppet to tell a story, give instructions. Give the sock puppet a name.
Speaking and Understanding

