



# Learning Through Play at Home

## A Booklet of Ideas for Pre-school Children



## Glenbrook Nursery School Home Learning Ideas



### Personal, Social and Emotional Development

- Snack time- let your child help to make their own snack, butter toast, pour own drinks etc. They are able to do this in school.
- Make a routine at home- we use a visual schedule which is copyrighted but we will try to provide a visual alternative on our website.
- Encourage independence throughout the day e.g. let your child dress themselves
- Have some quiet time in a quiet space each day- sharing a book, listening to music and relaxing.
- Let your child help with household 'jobs'- brushing up, cleaning, tidying up, gardening outside.
- Ensure your child tidies up after their play- make it into a game, who can tidy away the most pieces? Who can put away all the green blocks first etc. Another suggestion is to play some tidy up music – a song that signifies it is tidy up time and time to stop playing.
- Give a warning before transitioning to another activity or the end of play before tidy up time. We use a sand timer in school however you could use an egg timer or the timer on your phone. A visual is helpful for children of this age.
- We have clear rules, rewards and consequences in school. This is a very uncertain time for children without their normal routines however some structure may help them. However, we are also very aware that they need time to relax and spend time with you.
- The children will be missing their friends- could they draw a picture for their friend to give them when they see them again soon?
- Play a turn taking game- can your child wait for their turn?
- Play and interact with your child with their favourite toys, encouraging sharing and turn taking as you play.



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### Language Development

- Read stories and share books- lots of books!
- Can your child be the 'teacher?' Can they re-tell the story from looking at the pictures? This is a good idea after you have read the child the story.
- Can you make a puppet show with your teddies/ old socks?
- Put a large sheet of paper down/ roll of old wallpaper- let your child draw and make marks on it.
- Write 'letters' for family and friends.
- Write shopping lists- you could then try to find the items in your house.
- Hide some treasure in your house- make a treasure map to find the items.
- Write a story together- make a simple book and the child can tell you what to write or attempt to 'write' themselves. It is great for them seeing how written words have meaning.
- Sing nursery rhymes- see our monthly rhyme sheets for ideas.
- Make up your own silly rhymes- leave out words in nursery rhymes and let the child listen and fill in the space.
- Play a listening game e.g.

The Shopping game- ask your child to find 3 items from the cupboards- e.g. a tin of soup, an apple, a banana. When they can complete, add another item- 4 items etc.

- Explore our monthly key vocabulary sheets
- Play I-spy with colours- I spy with my little eye, something that is yellow...
- Write your child's name on a page. Place it around the house to encourage them to become familiar with how it looks.
- Play a describing game e.g. I'm thinking of a farm animal. It likes to roll in mud, its pink and it has a snout...



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### Early Mathematical Development

- Collect and sort household items into groups- talking about **same** and **different** e.g. matching pairs of socks, sorting shopping into groups- e.g. all apples together, all oranges together, all tins together etc. Let the child choose what to sort for.
- Sort items from outside, talking about their properties e.g. sorting leaves into groups of different colours.
- Count in everyday experiences to develop 1 to 1 correspondence e.g. walking up the stairs, counting out plates for dinner etc.
- Identify numbers in the environment e.g. number on front door.
- Identify shapes in the house e.g. let's go on a shape hunt- who can see a circle in the house?
- Play in the bath with some containers/ jugs/ bottles, explore full/ empty, heavy, light. Why not have a lemonade shop in the bath and talk about number as you play. e.g. Can I have 2 bottles of lemonade?
- Sing number rhymes e.g. 5 little ducks, 5 currant buns, 10 green bottles
- Explore prepositions e.g. get a teddy bear- play hide and seek with him. Where is Teddy? Teddy is behind the sofa. Teddy is under the bed.
- Play a listening game with prepositions. You model then let the child be the teacher. Can you put Teddy on the table? Can you put Teddy in front of the chair?



- Organise household items by size, talking about bigger, biggest, smaller, smallest or use family members and stand in order of size.
- Build towers with blocks- talk about big, smaller and compare bigger, smaller, biggest, smallest in your play.
- Problem solve in completing jigsaw puzzles- this also helps with spatial awareness and developing concentration.
- Complete an activity e.g. make a sandwich/ make a bun. Talk about the stages in the recipe e.g. first we added the Rice Krispies, next we added chocolate, then we mixed it all together.
- Bake something together- weigh out ingredients using scales, identify numbers on the scales and talk about the length of time it takes to cook the buns.





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Physical Development



Fine Motor Skills

- Extend fine motor skills and hand eye co-ordination through pouring own drinks from a small jug e.g. milk at breakfast time.
- Play at the sink/ in the bath- pour and fill up bottles, containers etc.
- Screw different sized lids onto bottles- can you match them up correctly.
- Draw pictures with a range of writing tools- crayons, pencils, felt tips etc.
- Paint
- Use scissors (with supervision) to cut a variety of materials- newspapers, magazines, old cards etc.
- Use glue sticks to stick collage items on pages.
- Zip up own zip on coat when dressing independently.
- Put own shoes on to go outside- fastening Velcro independently.
- Get dressed by themselves in the morning.
- Make some play dough- use fingers to roll, pinch, use rolling pins (see play dough recipe and activities on our website.)
- Draw with chalk outside.
- Place a large sheet of paper on the ground (old wallpaper roll) and draw on it. Why not make a zoo for your toy animals? Why not make a garage and parking spaces for your cars?
- Thread pasta onto a shoelace and make a long necklace.
- Put money into a money box.
- Draw some zig-zag lines on to a page- place buttons along the line
- Use tongs to lift items from one basket to the next.
- Butter own bread/ toast and help with making snacks.



## Gross Motor Skills

- Go for a walk.
- Ride your bicycle/ scooter in the garden.
- Make an obstacle course in the garden- with hoops, cushions, buckets and brushes to make hurdles, use chalk to draw stepping stones etc.
- Blow bubbles- can you catch or pop them?
- Ball games- throw, catch, kick or roll on the ground. Play basketball with a tennis ball or a small ball and a bucket.
- Paint a fence with a bucket of water and a large paintbrush/ paint rollers- no mess guarantee! Spray bottles are also brilliant for this.
- Play games such as stick in the mud, hide and seek etc.
- Bring construction toys outside and build towers etc.
- Play musical statues- freeze each time the music stops.
- Dance to the music- play the animal game: Can you stretch up tall like a giraffe? Can you curl up small like a mouse? etc.
- Play the 'bean' game – The adult calls out a type of bean and the child makes their body like the bean shape/ does the action
  - jumping beans- jump up and down on the spot
  - runner beans- run on the spot
  - string beans- stretch up tall
  - broad beans- stretch out wide
  - frozen beans- freeze
  - beans on toast- lie on the ground (There are lots more ideas online.)
- Make a carwash with your outdoor toys- clean bikes, scooter or the car with soap and sponges.
- Brush up the driveway.
- Help with gardening- plant some seeds/ flowers.
- Use an old sheet to play parachute games- look online for some great ideas.



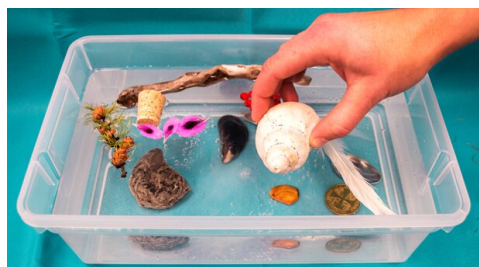
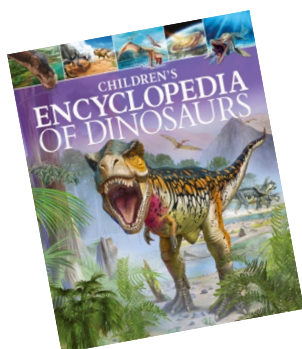
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### The Arts

- Use cardboard boxes, bottles, containers and cello tape / masking tape to create 'junk art' models.
- Draw using a range of tools.
- Paint using a range of tools e.g. paintbrushes, sponges etc.
- Engage in role-play- make a shop with kitchen cupboard items or a toy shop with toys or wash dolls in the bath.
- Dress up
- Build a fort with cushions, sheets and play imaginatively inside.
- Make your own musical instruments with plastic bottles and lentils/ pasta/ rice. Ensure lid is on tight! Or use pots, pans and wooden spoons!
- Dance along to music on a CD
- Sing nursery rhymes.
- Put on a puppet show with your teddies/ make your own puppets with old socks.
- Use materials around the house to make a collage- e.g. wrapping paper, wool, tinfoil.
- Cut up old birthday cards to make a picture (also extends physical skills).

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World Around Us

- Play in or with natural materials- e.g. in a sandpit, with water in the bath/ at the sink.
- Make gloop in a basin- add water for corn flour and see how it changes.
- Freeze some water in containers- talk about what happens when it melts. Why not freeze some small toys inside the containers then have fun playing with them in water- can you make the ice melt again?
- Bake together- explore the changes in state e.g. making rice krispie buns- melting chocolate, runny as a liquid, placing in the fridge to make a solid again
- Talk about the weather- make a kite on a windy day using paper, straws and string.
- Read a non-fiction books. Children of this age love finding out some new facts or information about their favourite animals or how a particular vehicle works.
- Explore floating/ sinking in the bath or sink. Add a range of items from around the house and see if they sink or float. Add colanders to the water- what happens to the water?
- Explore characteristics of toy animals during play- talk about their appearance, what they eat, where they live in the world, what their babies are called etc.



## Outdoor Ideas



- Go on a seasonal walk in the garden- look for flowers, birds, signs of spring etc.
- Go on a minibeast hunt in the garden- can you find any small insects? Why not look them up and find out some facts about them?
- Water the plants outside or plant some seeds/ flowers. Take care nurturing them and talking about the different stages in the cycle. What do they need to stay alive?
- Collect natural materials outside- sticks, stones, flowers. Can you make a picture with them on the ground?
- Make a den outside.
- Make a nest for a bird outside with small sticks.
- Go puddle jumping with wellies on!
- Make and blow bubbles outside- what happens when the wind blows?
- Take your wild animal/ farm animal toys outside- make them a den/ enclosure with natural materials.
- Make your own binoculars with kitchen roll tubes- what can you see outside?
- Go on a treasure hunt in the garden. Hide an item and make a map for someone else to find it.
- Make mud pies/ sand pies if you have a sandpit outside.
- Create a bug hotel with containers/ boxes/ sticks and any old bricks or flowerpots.
- Make bird feeders with some pipe cleaners and Cheerios.

