

Preschool

Ideas for learning at home

Read with me...

- ❑ Share stories together as often as possible. Use different voices for the characters. Re-tell familiar stories - you don't need to have the book in front of you.
- ❑ Get your child to fill in a missing word or familiar phrase when telling a story, for example, get them to "huff and puff and blow your house down!" in the story of the Three Little Pigs.
- ❑ Use scrap paper to make your own story books - get your child to draw or talk about what happens on each page. You could cut out pictures from old magazines or catalogues to add to the story.
- ❑ Make up stories about your child or add in the names of friends and relatives or even include favourite toys. Tell stories about your daily routine or things that you would like to be doing.
- ❑ Recite poems or rhymes. Pause to let your child add in the rhyming word.
- ❑ Let your child see you read. Shopping lists, road signs, newspapers, even the words on food packaging - talking to your child about the words they see helps them to realise that text has meaning!
- ❑ Children get the most from a story when it is shared with them by a responsive adult, but even listening to a story being read is helpful for exposing children to a rich vocabulary...<https://www.youtube.com/playlist?list=PL5hbpcw66yG GyhrMvMWYgBB-3GiVh6YEK>
- ❑ <https://www.oxfordowl.co.uk/for-home/advice-for-parents/fun-ideas-learning-at-home/fun-ideas-ages-3-4/>

Exercise your maths brain...

- ❑ Count the steps - count out loud backwards and forwards, upstairs/downstairs. How many steps to get from the chair to the window? Across the kitchen? Are there more steps if you move like a giant?
- ❑ Go on a shape hunt - how many circles, squares, rectangles can you see at home?
- ❑ How many cars, buses or bikes go past your window? Can you keep count for a short time?

- ❑ Help to prepare a snack. How many cups and plates will you need? Have you got enough food for one piece each? Two pieces each?
- ❑ Fill a small box (an empty raisin packet or matchbox works well) with as many tiny items as you can. How many things can you fit in?
- ❑ Collect up some spoons, empty yogurt pots or bottles and have a 'filling' race in the bath or sink. How many spoonfuls does it take to fill the pot or bottle? Who can do it the fastest? What happens if you use a bigger spoon? A smaller pot?
- ❑ Match up socks from the washing pile! (Come and sort mine out after!)
- ❑ https://www.youtube.com/watch?v=6yyz_OycV4A

Move with me...

- ❑ Get dressed and undressed. Encourage your child to put on their own clothes - even those with zips or buttons. Lay items out on the bed or floor so they can see where arms/ legs need to go.
- ❑ Use rolled up socks or some scrunched up paper as a 'ball', and aim it into an empty box or washing basket. How many times can you hit the target?
- ❑ Sing action songs like 'Head, Shoulders, Knees and Toes' together.
- ❑ Dance or move in different ways to songs on the radio or when you sing together.
- ❑ Try some simple yoga moves with Yoga Bugs...<https://www.youtube.com/watch?v=VXYxHOafHLA>
- ❑ Ask your child to help with tasks like unpacking shopping, sweeping up, or pegging washing out. All of these everyday tasks help to develop strong muscles and refine co-ordination - essential for supporting writing later on.
- ❑ Try balancing in different ways - on one leg, on one knee, one knee and one elbow. Who can be steady the longest? Try balancing on one leg on a cushion...is it easier or more difficult?
- ❑ It is worth remembering that the most difficult physical skill to master for 3-4 year-olds, is being still! Here are some calming sounds that might help...
<https://www.bbc.co.uk/cbeebies/radio/calming-sounds-birdsong?collection=radio-calming>