

# Home learning ideas

Services for Young Children - Issue 2

This is a guide to help and support you as parents and carers with providing your children with fun experiences in the home and garden.

We will aim to refresh this on a regular basis to help you keep young minds busy and bodies active.

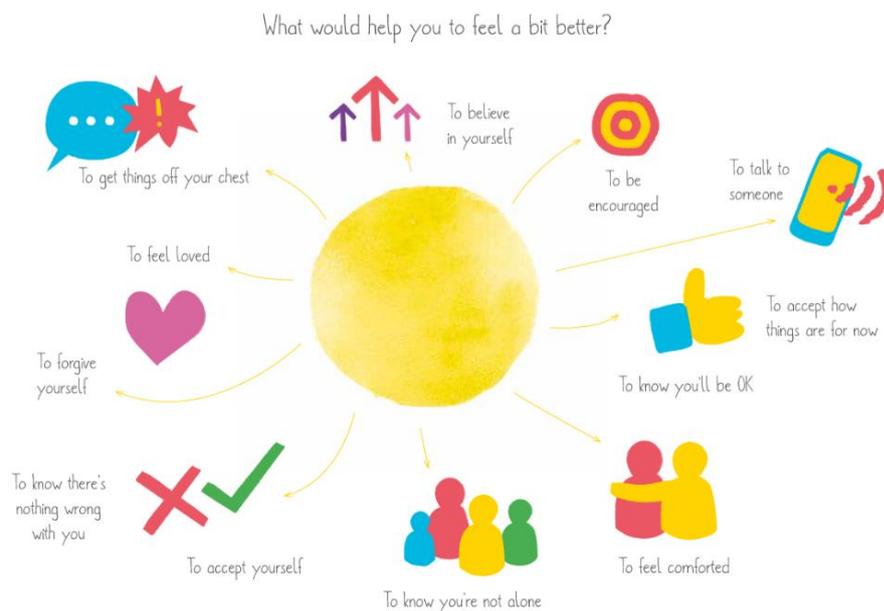
While we will do our best to verify all the websites which we share, information is changing rapidly so please be aware that it is only accurate at the time of writing.

All the weblinks are also contained in a supporting document.



Here is something for the grown-ups, this is tough on us too. Here is a link to a booklet to remind us of ways to be kind to ourselves.

[When The Tension Goes - 'Reassuring Myself' booklet](#)



Points to consider when setting a routine:

- try to stick to a regular routine
- try to limit and break up screen time
- try to get outside daily for fresh air and exercise
- try to have a balance of table based activities and more active learning
- consider planning the range of snacks across the day.

# Play ideas for sitters



Make a treasure basket to stimulate your child's senses:



Young children's brains develop by sensory experiences. Making a treasure basket of items that stimulate all their senses and help them to learn about the physical world is a lovely thing to do and is free to make.

For more ideas and a short video follow this link:

[Essential Parent - Treasure baskets](#)



The sound of nursery rhymes is very appealing for very young children because they're just fascinated by rhythm and music.

Why not try this one:

## Round and round the garden

Round and round the garden, like a Teddy Bear  
(draw a circle with your finger on the palm)

One step, two step,  
(walk your finger up the arm)

Tickle you under there!  
(tickle under the chin)

Why not try adding in some Makaton signs when singing



Find some old gift bags, or other bags and put an interesting object in each, making sure that the object is safe for the child to explore, including with their mouths.

Allow the child to explore the items, if possible mimic the sounds they make, and add in a simple word or sound.



# Play ideas for early walkers



## Posting box

Children love to post items into boxes. Why not use a cardboard box to create a posting game. Find objects around the house that can be post. Each time they post an object talk about what the item is. The item can be named to encourage language development, if the child is able to name it add in a word to describe it, for example ball...red ball.

A short video of this fun activity can be found here:

[Tiny Happy People - Posting box](#)



## Bowling game

This is a great game you can play with any left over clean bottles. Milk bottles, drink bottles or squash bottles work the best. Try filling with water to add in some extra weight and challenge.

Perhaps put a marker where you would like the child who is

bowling to try and stand and aim from.

Want some tummy time? Try it lying on your tummy!



Gather some objects from in your garden or if you spot anything while out on your daily exercise. Put them all in a small tub, add some water and a piece of string or ribbon. Freeze it for a couple of hours and then hang up somewhere in the sun and watch as it slowly melts and the objects fall to the ground. Further idea can be found on the following website [The Imagination Tree](#)

# Play ideas for walkers and explorers



Have any boxes lying around? Why not open them up to create a base for your very own floor map.

You could use train sets, Lego, wooden blocks to create your very own city, zoo or farm. You could even encourage the children to have a go at labelling their model making it into a map. Then tell a story. Take a photo of your family and add them into the map.

Find an old roll of wallpaper, or just some blank bits of paper, on a sunny day put the paper down and make some shadows to draw around of your favourite toys. If you have big enough pieces of paper, you could draw around the shadow of one of the people living in your house.



Seed bombs

Mix some water with the soil to create a sticky muddy consistency. Mix in a teaspoon of seeds and stir into the muddy mixture. Using your hands, squeeze and mould the seed mixture into balls shapes. Place in an egg carton and allow to dry. Once dried they can be thrown and scattered where you want the plants to germinate and grow



Make a Duplo, or Mega Blocks, maze for a ball, if you have a ping pong ball or scrunched paper, you can put the maze on a flat surface and blow the ball around the maze. See if you can make it harder by only using a specific number of bricks or having more than one ball.



### Phonics hide and seek

If your child is ready for phonics, why not play a simple hide and seek game whilst practicing some sounds. A link to those sounds can be found here:

### [Letters and Sounds](#)

You can also find phase 2 and phase 4 sounds on the letters and sounds website.

Why not try hiding whole words... can they make a sentence out of them? Either hide individual letters or whole words.

Ch i p

If you need more help with understanding phonics, please see our 'Parents guide to phonics, or take a look at this website;

### [Oxford Owl - Parent's guide](#)



Phonics app PHONICS HERO -fun and varied phonics games.  
Platform: [Apple](#), [Android](#)



### Floating and sinking Fun:

Why not try to make a boat for a bit of floating and sinking investigations.

Maybe you could fill up a bucket or a paddling pool if you have one to try this experiment.

**PLEASE DO REMEMBER TO NEVER LEAVE CHILDREN UNATTENDED AROUND WATER**

