

Things that you can do at home: 7

Here we have some more activities for you to try at home. Remember, there is no pressure to do any of these activities but we want to make sure you've got some ideas of things you can do! Play and investigation are so important to children's learning; it really is the best way for children to learn.

Watch this video of the beautiful story *Amazing Grace* by Mary Hoffman being read using this link: <https://www.youtube.com/watch?v=DY0fKypLWmk#action=share> This is a wonderful story that helps teach children that they can be whatever they want to be. This book can help to have conversations about breaking down stereotypes and prejudices; it's never too late to learn these very important messages.

Why not explore pattern using lego blocks. Start out a pattern of colours building on top of each other and see if your child can continue the pattern. You can start with two colours, then move to three, then four. You could even ask your child to start their own pattern for you to copy to help them feel empowered.

Singing and counting. Try these counting songs with your children.

<https://www.bbc.co.uk/programmes/p065z8z4> Not only will it help them with their counting in a fun way but singing is such an important activity for children to do: "When children are singing they are taking in information and training the brain but they don't think they are, they think they are just having fun. Singing is an aerobic activity that boosts oxygenation in the bloodstream, increasing mental alertness". (BBC)

Make an obstacle course using cushions, chairs, clothes airers, duvets, blankets, pillows and encourage your child to move around, over, under, between, in different ways. You can control how quickly they move around the obstacle course by telling them to move like a particular animal; a snail will move much slower than a dog. You can extend this activity by putting number labels (post-it notes) on the items to add further maths to the activity and encourage your child to move around the items in order.

Encourage your child to join in with everyday tasks such as making beds, folding washing, drying up and putting dishes away. The experience of helping you gives your child a sense of confidence and bonding with you. It also teaches them the importance of the very important work that happens in the home.

Can you make your own shop in your home? Ask your child what things they would like to sell in their shop and get them set up on a table or even on the floor. With your child, talk about what you will price every item. You could put the numbers on a post-it note so your child can see numbers in action. It's fun to use real money when you are playing shops so if you have some pennies laying around, collect them to use for these kinds of activities. Get your child to be the shop keeper and ask them how much things are, have I got enough money, do you have this item?

Make an 'I am me' book or poster. Each page could be something that makes your child special and unique. Each sentence could begin with 'I can....' or 'I am...' or 'I have...' This is a great activity in getting children to really develop a sense of their own identity.

Take some closeup photos of everyday things in your home on your phone (you don't have to print them out). Show the first image to your child and ask them to find out where the object is. If this activity is too easy for your child, you can take a picture of part of the object so they have to work out what the object is before they find it in the house.

Do some cooking together. Get your child to draw each of the ingredients and write down the number you need of each. You could help your child write down the words next to their pictures.

Point out words that you are reading during your everyday activities such as instructions, recipes, timetables, writing on the TV screen/tablet/PC, emails, books, food packaging, post/leaflets that come through the door. Encourage your child to recognise familiar letters or words that they see.