

### Sssh...listen carefully, what can you hear?

Go to different places in the house or garden and listen carefully to see what different sounds you can hear. Ask questions about the sounds, was it loud/ quiet? What might it be? Why do you think that? Whereabouts was it coming from? You could extend this by making predictions about what you may hear and why?

**Listening and attention**

### Let's play dress up

Collect items to dress up in, like scarves, hats, different types of clothes. Model dressing up and playing a character. Use funny voices and facial expressions and talk about the character. Encourage your child to ask questions to find things out about them...then swap and support your child to do the same. Extend this by creating a story around the characters you have created together using actions, expressions, songs and then act out the story together...have fun!

**Making relationships**

### A day in the life of...

Ask your child to choose a toy (teddy/ doll/ dinosaur etc.) The toy will join and need help from your child, in their activities throughout the day. Getting up, having breakfast, getting dressed, playing etc. Support your child by modelling and help them to talk about the daily routine. You could even photograph the activities to then later look at or show other family members and discuss 'dinosaur's day' for example.

**Understanding/ Speaking**

Why not try some of the learning tasks for this week...to support the following areas of *Early Years Learning*

**Personal, Social and Emotional Development**

**Communication and Language**

**Physical Development**

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### Let's play hide and seek...

This is a great game to play in whatever space you have at home or in the garden. Swap who hides and seeks and involve brothers and sisters too. You could do this with toys as well or ask relatives (who you are contacting remotely) to give your child clues to find things in the house that have been hidden by yourself....this will make for great conversations.

**Making Relationships**

### Time to choose

At some point during each day, try to give your child a choice of things to do. Give them a choice of 2 things (you could even ask them to show you the sign for choose) Then to extend this ask your child 'why' they chose a particular activity or item to help to develop their reasoning and language as well.

**Self-confidence and self-awareness**

### Obstacle course...

Inside or outside create a temporary obstacle course for your child to complete. You could use cushions as stepping stones, ribbon as a pretend type rope, chairs as a bridge, or blankets to travel under and over.

Check that it's safe (it's a great opportunity to talk about this with your child) and extend it by changing the obstacles or timing the course!

**Moving and Handling; gross motor skills (large movements and coordination)**

### A place to relax

Quiet space may be hard to find with lots of people at home. Make a cosy space with your child, like a little den with a sheet or blanket or even under a table. Add a special toy or maybe books or pens and paper. Encourage your child to have some quiet time there every day and keep it as a positive calm place.

**Managing feelings and behaviour/**

