

10 ideas of things to do at home

1. Dressing and undressing

Try working on self-care skills with your child such as dressing/undressing, brushing teeth, brushing hair, personal hygiene. **Twinkl** has resources such as powerpoint presentations, sequencing cards, games.

2. Cosmic kids yoga

This is a very popular channel on youtube where you can do yoga moves to many stories such as Three Little Pigs, The Gruffalo and even Star Wars! Many of the children in school enjoy following these videos and are more flexible than you may think, you never know, you may learn some moves yourself!

3. Cutting skills

Try to develop scissor skills, this may be by snipping edges of paper, snipping playdough, cutting along lines, cutting around shapes. **Twinkl** has a range of cutting skills sheets. Just keep an eye on what they are cutting!

4. Mark making

This could be simple lines and circles, early letter/number formation or beginning to write their name. This does not need to be confined to pen and paper, many children enjoy getting messy with it! You could use shaving foam, gloop (cornflour and water), paint or drawing in a tray of dry food such as flour or rice.

5. Share a story

Many children enjoy stories, this is an ideal time to sit and share a story, whether it is a book, online story even a nice massage story! (see attached reading information)

6. Phonics

Youtube has some fantastic phonics videos, Mr Thorne is a particular favourite with children! There are also phonic videos on **Education City**, you should receive your child's individual login details.

7. Puzzles and games

Turn taking can still be a tricky concept for some children, you could try doing a puzzle together, taking it in turns to put the pieces together, talking about what kind of puzzle shape they are looking for or which part of the picture it is. Turn taking games could include board games, taking it in turns to add to building a big tower using construction toys or even sharing a pen/bingo dabber to make lots of dots!

8. Cooking skills

If you are at home then children could help to prepare breakfast, practice pouring cereal, spreading butter on toast or even help to make you a cup of tea/coffee (age appropriate) Just make sure you are supervising children if needed!

9. Cutlery skills

If your child struggles to hold a knife and fork you could practice modelling how to hold them correctly, they could then practice these skills with the food they have helped to prepare.

10. Counting games and songs

Youtube and **Education City** have many counting songs going up to a range of numbers- you could sing songs together, practice counting up to a certain number or count together as you are doing an activity. **Twinkl** also has a number of number/counting resources.

And last of all.....try and have some fun together!

