

0-2 home learning pack activities





What activities can I do with my child at home?



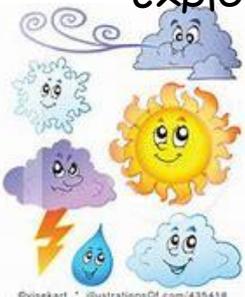
- ♥ **Bubbles:** All you need is a pot of bubbles, blow the bubbles for your child and encourage them to pop them. Make pop noises as they pop them and encourage speech. For example counting the bubbles, saying “more” and asking the children what can they see?
- ♥ **Ready, steady, go:** This game can be played in many ways depending on the child’s interest; you could roll a ball or push a car. Show your child the object and ask them to name it. Then before rolling or pushing the object say “ready, steady, go” try to encourage the child to repeat, if they are struggling you could just encourage waiting. While the child has the object encourage the child to wait for you to say ready, steady go before rolling or pushing it back.
- ♥ **Peek-a-boo:** You can play this game using your hands or a piece of cloth. Get your child’s attention by speaking to them. When your child is looking at you, hide behind your hands or gently place the cloth over your child’s head. You can pretend you have lost them and ask “where’s _____?” Then move your hands or the cloth and say “boo”, “peek-a-boo” and copy the child’s facial expressions such as laughing or smiling and repeat.
- ♥ **Toy bag:** Have a bag filled with objects that make sounds (this can be a canvas bag or even containers please do not use plastic carrier bags). The objects could be toys such as: animals, toy telephone, a car etc. Encourage your child to reach into the bag and choose an object. Then engage them by making the objects sound. For example: “ring” for the

telephone, “moo” for a cow and “brmm” for a car. You can encourage your child to copy the sound and if your child is older you can even ask them what the object is and what sound it makes without prompting first. You could extend on this for two year olds language by adding an adjective such as a big ball or a red car.

- ♥ Tickle games: These can be games such as “this little piggy” or “round and round the garden”. You may need to do this a couple of times to get the laughing or smiling reaction from your child but then they may initiate with you asking “more” or “again” or even grabbing your hand and putting theirs out.
- ♥ Puppet games: You can make a finger puppet using a sock, kitchen roll tubes, gloves or any other fabric. You can even buy finger puppets or use ones you already have. You can point out the body parts on the puppet or ask the child to find them. Such as: “eyes” “mouth” “ears” “nose”. You can make the puppet sing, jump, run, dance and sleep. Then describe what the puppet is doing and even get the child to copy.
- ♥ Jigsaws: Use a simple wooden inset jigsaw you have at home and lay the pieces out on the floor. Encourage your child to choose a piece and support them in where to put it if needed. When the child finds the correct spot Clap, smile and praise them.

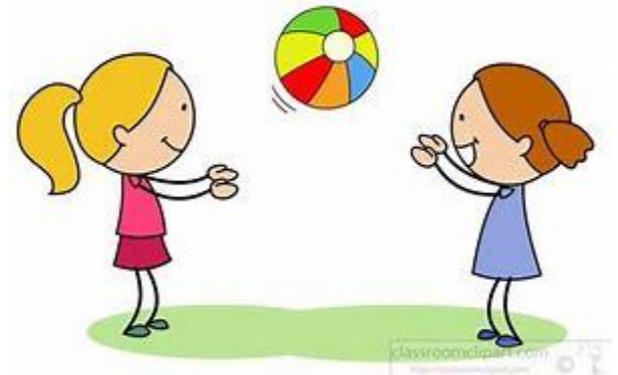


- ♥ **Row your boat:** Sing “row your boat” with your child focusing on them for the time of the song. Hold their hands and sit opposite each other, pulling them gently backwards and forwards throughout.
- ♥ **In and out:** Fill a large plastic container or bowl with safe and interesting objects. Such as: blocks, small soft toys, rattles, musical instruments, cars, animals, people. Help your child lift the container and tip them out. Encourage your child to pick up the objects and put them back. As they do this talk about what the objects look and feel like, they can even name the object and if they make a sound. For older children you can adapt this by talking about the colour and size of the object.
- ♥ **Weather bag:** collect objects that represent different types of weather. For example: a soft toy sun, a fan (for wind), a spray water bottle (for rain) and cotton wool (for cloudy). Talk about what the weather is like outside at the minute, you can even ask older children to go look and decide themselves. Then choose the object that represents the weather outside after showing them each object and describing what they represent.
- ♥ **Sensory toys:** Collect together toys that are sensory. These may feel interesting (spikey, soft, smooth), look interesting (shiny, sparkly, bright colours) and sound interesting (crinkly, noisy toys). Examples include: foil, spikey balls, light up toys, bottles filled with coloured water, noisy toys, vibrating toys etc. Give your child an object for 1-2 minutes so they can explore then let them choose another.



If you have a garden or access to a safe outside environment these are some activities you could do:

Ball games: if you have a ball there are many things you can do such as throwing and catching, kicking it to each other. Throwing the ball into a bucket, counting how many times you get it in etc.



Painting: if you don't have access to any paint or would like a mess free and easy way to this you can use a pot of water and a brush and let your child paint the floor, the walls or the fence outside.

Mud kitchen: If you have access to mud outside you can use any old pots and pans or pretty much anything from your kitchen. Let your child use all the outside resources: leaves, mud, stones, grass. To cook some dinner.





50 things to do before you're five:

NHP Children's Centres are excited to let you all know about the 50 things to do before your 5 app that Calderdale Council have developed in conjunction with the Children's Centres and lots of other local partners. This is a new app that we have been promoting in nursery which provides 50 different, low cost and no cost activities that you can do with children aged under 5. There are lots of ideas for resources and children's learning and it gives examples of where you can do the activities in Calderdale. You can download it from your app store today.

50 Things to do before you're five

<p>#1</p> <p>Get To Know You Your baby will benefit from having a close, loving relationship with the grown-</p>	<p>#2</p> <p>Where Am I? Help baby understand his world, talk about Mum, Umi, ماما, Maminka, Mama</p>	<p>#3</p> <p>Treasure Time Babies love to explore with their hands and mouth so a treasure basket with things</p>	<p>#4</p> <p>Make Your Mark Children love to be able to make their mark, as babies, toddlers and pre-school</p>	<p>#5</p> <p>Squidgy sand Use sand to squidge, squadge, squish, And perhaps make a sandcastle fish. Or empty, fill</p>
<p>#6</p> <p>Rhyme Time All children, from the very youngest babies enjoy singing and rhymes. Babies and young</p>	<p>#7</p> <p>Making Music Young children show a great deal of curiosity. They love to make a noise and see the</p>	<p>#8</p> <p>Bubbles! The magic of bubbles can be a delight to everyone. Your baby will enjoy watching them float</p>	<p>#9</p> <p>Mini Beasts and Bug H... They're here, and there, and everywhere - but can you get a good look at them? Let's go</p>	<p>#10</p> <p>Sharing Books Sharing books is a wonderful thing to do with young children. They can hear about</p>
<p>#11</p> <p>Making Connections Connections are often fascinating for children, they love to fasten up the buggy</p>	<p>#12</p> <p>Brrrr Snow, ice and cold weather are experiences that children can find really exciting; they</p>	<p>#13</p> <p>Shout and Shhh Your little one will delight in trying out the noises they can make themselves, exploring</p>	<p>#14</p> <p>See the Stars Night time is a fascinating adventure for children and the opportunity to see the moon</p>	<p>#15</p> <p>Dressing up Capture children's imagination with everyday 'dress up' play. Use clothes and objects you</p>
<p>#16</p> <p>Whee, Bang, Whizz Fireworks are colourful, noisy and exciting. Spot fireworks on bonfire night in November,</p>	<p>#17</p> <p>Hocus Pocus Potions Fancy making some super-power potion, some magic medicine or a spell or two?</p>	<p>#18</p> <p>Dance! Dancing is fun as well as being a great way to encourage your child to be</p>	<p>#19</p> <p>Growing, Little People... You're never too young to start a healthy habit! Sow the seeds, prepare the ground and</p>	<p>#20</p> <p>Mini Artists Painting and drawing allow children to focus on an open-ended task that is determined</p>
<p>#21</p> <p>Gigglebox From laughing as a baby at the simplest noises you make, to giggling at a nonsense rhyme</p>	<p>#22</p> <p>My Secret Treasures Toddlers and older children can make a collection of anything that excites them and</p>	<p>#23</p> <p>See it Live! Children and grown ups enjoy seeing a show, whether it's a free street performer who</p>	<p>#24</p> <p>Hop, Skip and Jump Your child is incredible and all children love to be active, so make sure your child has lots</p>	<p>#25</p> <p>Creative Junk Your child's imagination can be fired by using large and smaller boxes to create a car, a</p>

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#26
Splash, Splash, Splish
Children love to play with water, inside and outside, splashing, pouring, and



#27
Little People Park Kee...
Adventures in the park. Happy hearts and happy faces. Happy play in grassy places. Time to



#28
The Wheels on the Bus
Travelling on different forms of transport is really exciting for young children, top deck



#29
Pitter Patter
How much fun can we have in the rain? Splash or make ripples in a chocolate brown



#30
Yummy Picnic
Why not spend this afternoon having a picnic in the park? Head to your local market or



#31
Boing!
Children need to be physically active if they're going to be healthy, jumping, bouncing



#32
Where Have I Gone?
Babies love to play peepo from being very young, and older children love to explore



#33
Home from Home
Making dens is a favourite childhood pastime. Children love to create a special cosy



#34
Woodland Wandering
Visit your local wood. Collect acorns, conkers, sticks, spot mushrooms and toadstools.



#35
Trip Trap, Trip Trap, ...
Remember the story Of Billy Goats Gruff? The troll under the bridge,



#36
Ready, Steady, Blow
Children love to blow candles out. You don't have to wait until a birthday to let your



#37
Show and Tell
Take a special grown up to your nursery, playgroup or childminder and let them see



#38
Postie
Pretend to be a Postie! You can write, draw, paint, print or stick to create a masterpiece



#39
Talking Signs
Communication begins with crying, eye contact, facial expression (a smile) and social



#40
Happy History
Museums and galleries in Calderdale include Shibden Hall, Heptonstall Museum,



#41
Water Feature
Calderdale has water everywhere from the water features in The Piece Hall in



#42
The Rough and The S...
As well as being huge fun, playing with dough, clay and gloop helps your child to



#43
High Five
Pre-school children are really interested in people and the world around them and they



#44
The Piece Hall water fe...
Spend time playing in the water at The Piece Hall Calderdale's brilliant multi-



#45
Wonderful Waiting Ga...
Waiting for a bus or a train, at the doctors or even for your meal at a restaurant can be



#46
Fantastic Paper Folding
Do you remember having a friend or relative who could make things out of paper? Did



#47
Great Calderdale Baking
Make some tasty food for all the family. Children love to help with cooking and baking,



#48
Natural Art
Explore and examine, forage and find fantastic treasures! You can use your imagination



#49
Grass Gazing
Grass grows all year round and young children love it. They also love aeroplanes and



#50
Sea and Sand
Experience the sheer joy of playing in the sand, splashing in the water, clambering over

<https://calderdale.50thingstodo.org/app/os#!/50-things-to-do-before-youre-five>

The contents of this booklet have been derived from the early years foundation stage tracking document.