

Personal, Social and Emotional Challenges

- Discuss different feelings with your child – try acting out different emotions for your child to identify. Take some time to focus on how they are feeling. Can your child talk about and recognise their



emotions?

- Look at some old photos with your child. What differences do they notice? How have they changed since they were a baby? How have other family members changed? Can your child put a baby photo, toddler photo and recent photo in order?
- Ask your child to make a card for someone special. Encourage them to write a message inside. Can your child tell you what it says? Can you post it in the post box?
- Encourage your child to help you get ready for dinner? Use language such as how many plates, cups, knives and forks or spoons will you need for each person?
- Play a game of Hide and Seek. Take it in turns to be the Hider and the Seeker. Ask your child to hide one of their teddies, encourage them to give you clues to help you find the hidden toy.

Communication and Language Challenges

- What am I? Give your child some clues about an animal, for example it has spots, it has a long neck. Can your child work out what animal it is from the clues?
- Put four or five items on the floor. Give your child a minute to remember the items. Ask your child to close their eyes, take one item away. Ask your child to open their eyes and look for what item is missing. Can they tell you the correct missing item?
- Play 'Simon Says...' using positional language. For example, Simon says stand behind a chair.
- Sing some nursery rhymes or songs with your child. Ask them what is their favourite? Do they know the actions? Can they clap along in a steady beat?
- Ask your child what their favourite story is? Help your child to make puppets out of old socks, sticks or cardboard to support the retelling of their favourite story.



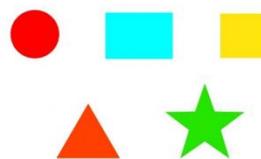
Physical Challenges

- Get active! Ask your child to jump on the spot or do star jumps etc. How many can they do in a minute?
- Support your child to learn a new skill. It could be hopping on one foot, balancing on one leg or learning a forward roll.
- As a family, try some different active activities! You could try; dancing, playing football, going for walks or riding a bike.
- Encourage your child to get dressed and undressed independently.
- Help your child to practice using scissors. Support them to cut some pictures from a newspaper or catalogue. Maybe you can make a picture with them.



Mathematics Challenges

- Using Lego or blocks can you encourage your child to make towers of different sizes? Ask them which is the tallest? Which is the shortest? Can they count how many bricks they have used?
- With your child sing some number songs:
 - 5 Currant Buns
 - 1,2,3,4,5 Once I Caught A Fish Alive
 - 10 Green Bottles
- Has your child got any toys with numbers on. If you have ask them to look at the numbers carefully. Can they find the numbers 1,2,3,4 and 5?
- Go on a shape hunt around your house. Ask your child if they can find circles, triangles, squares and rectangles?



Literacy Challenges

- Story Time! Try and make time every day to read or listen to a story with your child. Encourage your child to answer simple questions about the story for example what happened at the beginning of the story? What is your favourite part of the story?

You can find a selection of stories to listen to at:

<https://www.bbc.co.uk/teach/school-radio/eyfs-storytime/zdv4vk7>

Understanding the World Challenges

- Go out for a walk and collect various natural materials you find. Make a collage from things that you find.



- Make ice-lollies or jelly. Talk about the changes that occur before and after. How has it changed?
- Help your child to make their own potion or perfume using petals, water, mud, bowls, spoons etc.

- Encourage your child to practice writing their name using the correct letter formation. To support write their name in a light colour pencil crayon or felt tip pen for your child to trace over each letter using a pencil.
- Making Labels. Whether your child is making marks or beginning to try and form some recognisable letters they can make labels for things. Look around your house together and decide what needs a label for example toys, shoes a book. Encourage your child to write a label for each item. This might be a picture, marks on a piece of paper of some recognisable letters.



- Make a simple bird feeder to hang in the garden. How many different birds can you spot? Can you name any of them? Ideas for simple bird feeders can be found at:

<https://www.bbc.co.uk/cbeebies/makes/bird-feeder>



Expressive Arts and Design Challenges

- Go on a colour treasure hunt around the house with your child? Can you find things that are different colours and then ask your child to sort them into sets of green things, blue things, red things etc.



- Support your child to make their own musical instrument models, for example you could create a shaker using milk bottles and rice. Ask your child to think about the sounds the instrument makes? Will they enjoy playing your instrument quietly or loudly?



- Why not give baking a go? The BBC has many child friendly recipes: <https://www.bbc.co.uk/cbeebies/grownups/cooking-and-baking-with-toddlers>



- Explore colour mixing with coloured ice cubes. Follow the link for guidance: <https://www.broogly.com/project/color-mixing-ice>

