



★ Early Years Home Learning ★

Self and Social Development Hide and Seek

This is best:



Indoors or Outdoors

Concrete materials

You may need:

- A phone or CD player to play counting songs or jingles throughout.
- Objects or toys to hide.



The basic idea: Your child hides within your house or garden, you close your eyes and count to 20 to allow them time to hide. Once you have finished counting you go on a hunt for your child. Once found take turns to count and hide.

Tips to support your child:

- Agree rules with boundaries prior to starting.
- Agree a number to count to, count aloud and shout "Ready or not, here I come!" to indicate when the seeking will begin.
- Commentate as you go through potential hiding spots to build up suspense and create excitement. "Could you be under the table? Oh no... you're not there!" "Where can you be?"
- Celebrate together when you find your child and praise their good hiding spot.

How this benefits your child:

- Social development and self-regulation is increased through turn taking and controlling emotions throughout the game. It takes practise for children to contain and express emotions appropriately e.g. staying quiet when their excitement is building during the game and celebrating together at the end of the game.
- Gives them a chance to practice counting and understand number order.
- Gives them an understanding of time and having the patience to wait.

Make this simpler...

- Reduce the hiding area to a room.
- Introduce counting aloud resources to support counting or play a song instead.
- Model counting when it is your turn.
- Make a noise for your child to follow.
- Count together whilst you hide an object and seek together to support and model.

Make this more challenging...

- Increase the number to count to.
- Count backwards from 10 or maybe 20.
- Ask them to sing a song instead of counting.

"The fun is in the journey,
not the end result!"



Top tip from our Speech and Language Therapy partners:

Using repetitive language will help develop your child's vocabulary. Keep instructions simple and give your child time to process what is being asked of them.

