**TREETOP FAMILY NURTURE CENTRE**

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**HOME LEARNING ADVICE**

**Issue 1**

Over the coming weeks we wish to support you with ideas on how you can support your child’s continued learning at home.

In this initial bulletin Fife Professional Learning & Pedagogy Team have produced some suggestions on how to keep learning going at home.

**THE IMPORTANCE OF PLAY**

Play is how our youngest children’s learning and development. It will be very important that time is made within a day for quality play experiences.

Playing alongside your child at times during the day is going to have the maximum impact. This will provide them with the security and comfort that they will require over the coming weeks, but it will also help you have fun together.

Play enables children to develop a range of skills including communication, problem solving, imagination, co-operation etc.

It can take place indoors or outdoors.

The following web links may provide further information and practical ideas.

<https://www.playscotland.org/parents-families/>

<https://education.gov.scot/parentzone/learning-at-home/learning-through-play/>

**ONLINE RESOURCES**

Suggested resources and links have been included below to support learning and development.

As with any online resource, parental guidance and supervision is recommended to ensure children are accessing these in a safe and appropriate manner.

Some resources align with the English curriculum. Please note that:

• Reception resources are more appropriate for Early Level learners (P1)

• Year One, Two and Three resources are more appropriate for First Level learners (P2-4)

• Year Four resources and beyond are more appropriate for Second Level learners (P5-7)

Some resources align with curriculums from other countries. Please note that:

• Early Years Foundation Stage resources are more appropriate for Early Level learners (P1)

• KS1 resources are more appropriate for First Level learners (P2-4)

• KS2 resources are more appropriate for Second Level learners (P5-7)

**LITERACY LEARNING**

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| **How Can We Develop Skills?** | **Useful Resources & Links** |
| **Listening and Talking**  Playing board games, card games or paper-based games (e.g. noughts and crosses, dots and boxes) can be a fun way to promote turn taking and develop positive interpersonal skills. | <https://www.playworks.org/resource/fun-paper-and-pencil-games-to-play/> |
| Play listening games and challenge your child to identify various sounds to help improve their focus and concentration to support their active listening skills. | <https://www.bbc.co.uk/teach/school-radio/eyfs-listening-skills/zbc4y9q> |
| Activities which encourage your child to follow simple instructions | <https://www.cosmickids.com/category/watch/>  <https://www.gonoodle.com/> |
| After reading a book, listening to music or watching a film encourage your child to talk about their likes and dislikes. Have a conversation about it, sharing your likes and dislikes too. |  |
| Encourage your child to ask and answer questions about a text they are engaging with. Show your enthusiasm for finding out new information as you undertake some related activities. | <https://classroommagazines.scholastic.com/support/learnathome.html> |
| **Reading**  Songs, rhymes and stories can be an engaging way to help children hear and say the different single sounds made by letters. | <https://www.teachyourmonstertoread.com/teachers-area/classroom-toolkit/phonics-songs> |
| Reading aloud to your child, or watching a story being read aloud online can help promote a lifelong love of reading. | <https://www.bbc.co.uk/cbeebies/stories>  <https://www.storylineonline.net/library/>  <https://www.getepic.com/?utm_channel=search&gclid=EAIaIQobChMIwt6QuOic6AIV2YbVCh3wggmyEAAYASAAEgK9-_D_BwE> |
| From phonics to reading comprehension and more, help your child develop different skills needed for reading success in school. | <https://uk.ixl.com/ela/> |
| **Writing**  Help your child develop their fine motor skills through various activities which will support them to use a pencil with increasing confidence and control. | <https://jojoebi.com/50-fine-motor-skills-activities/> |
| Provide chalks, pencils, pens or paints to practice letter formation to help your child form lowercase letters legibly. It is useful to point out letters that are made using similar shapes. Some online resources provide helpful demonstrations for correct formation. | <https://www.doorwayonline.org.uk/activities/letterformation/> |
| Encourage your child to write in a variety of ways to communicate a message e.g. help to make a shopping list, make a card, write a sign for their bedroom, make labels for the kitchen, draw a picture book to retell a familiar or favourite story. Praise your child for any attempts at writing independently and provide lots of encouragement. | <https://www.education.gov.scot/parentzone/Documents/ReadingTips_EarlyYearsEN.pdf> |
| Access some websites which give further ideas for activities and games to support literacy. Decide together what kinds of things your child would like to learn or explore further. | <https://www.bbc.co.uk/bitesize/articles/z6bt7nb>  <https://www.bbc.co.uk/cbeebies/topics/literacy>  <https://boromi.us5.list-manage.com/subscribe?u=fbf77d80b5426a97fe25e4316&id=6e4952f01f> |

**HEALTH AND WELLBEING**

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| Encourage your child to be independent in their daily lives, for example to dress themselves as far as possible, even if,  at first, it takes a bit longer. Give your child some responsibility around the house, for example to put their clothes away once they have been washed, or to help set  the table for a meal. Encourage your child to put toys away. |  |
| Recognise and celebrate when your child has done well, for example helping to put away the shopping, sharing toys with friends, showing kindness and consideration for others or taking part in a game and having fun regardless of the  result. |  |
| Give your child praise and encouragement for their efforts and successes. When things don't go well, support and help them find solutions to problems themselves. |  |
| Develop ways to manage 'big’ feelings e.g how do I show that I’m feeling angry/sad/scared etc? What can I do to feel better? Talk about how characters on tv/film/books are feeling. Ask your child what they would have done in the same situation. | https://education.gov.scot/parentzone/learning-at-home/supporting-health-andwellbeing/  mental-emotional-social-and-physical-wellbeing/  https://www.lenaweegreatstart.org/sites/default/files/documents/feelingchart\_thermometer.pdf |
| Discuss that feelings and reactions can change depending upon what is happening within and around your child. This will help them to understand their own behaviour and the  way others behave. What makes a good friend – draw a picture | https://www.bbc.co.uk/bitesize/clips/zp9g9j6 |
| Discuss that friendship, caring, sharing, fairness, equality and love are important in building positive relationships – this will help your child to develop respect for themselves  and others. |  |
| **Physical Wellbeing**  Encourage physical activity where possible – throwing, catching, running, jumping, yoga etc  Do some balancing and stretching exercises together.  Have a challenge to see who can do the funniest balance on one leg/scrunch up to be the smallest/stretch out to be the tallest. Keep the balloon up in the air together, taking turns to hit it back and forwards using hands, feet or heads.  Set up an obstacle course in the garden/sitting  room/hallway.  Have races in the house against each other, balancing cushions on your head, hopping from one room to another without touching certain colours of the carpet or parts of the floor. | https://education.gov.scot/parentzone/learning-at-home/supporting-health-andwellbeing/  physical-education-physical-activity-and-sport/  https://family.gonoodle.com/  https://www.familyfuntwincities.com/outdoor-games-for-kids/  https://www.youtube.com/user/CosmicKidsYoga  www.thepeshed.com |
| **Food & Health**  Encourage positive routines around and washing, teeth cleaning – create songs or posters. Encourage and support your child to brush their teeth properly. Find out how much toothpaste to use and how to brush. Your child may be taking part in tooth brushing at nursery, ask for some advice if you aren’t sure. | https://education.gov.scot/parentzone/learning-at-home/supporting-health-andwellbeing/  food-and-health/  https://youtu.be/S9VjeIWLnEg  https://youtu.be/voZuS09kczg  https://www.bbc.co.uk/cbeebies/curations/easy-cooking-with-kids-recipes |
| Plant some seeds and try growing some vegetables or fruits. Get your child to water the plants, take some photographs as the plant grows. Talk about the things that help a plant to grow. |  |
| Let your child help prepare fruit and vegetables for snack or meals. Encourage them to try little bits of the foods they are preparing – put little bits into a small container for them to eat when they have finished. Talk with your child about where the food comes from, how it got to the shop, the colours, textures and tastes of foods. |  |
| Help your child understand why taking care of ourselves is important and that it's okay to have some help to do this if we need it. |  |
| Talk about how you took care of them as a baby, and all the things they can now do for themselves and the changes that have already taken place. |  |
| Discuss favourite foods and which food groups these come from. What would make a balanced meal?  At meal times, ask your child why they think you or another adult has a bigger serving than they do. Talk about the different amounts of food we need as we grow. | https://www.nhs.uk/change4life/food-facts  https://www.youtube.com/watch?v=L9ymkJK2QCU |
| **Planning For Choices & Changes**  Investigate some of the kinds of work that people do. What jobs might your child like to do in the future?  When out and about with your child, or when watching television, talk about the jobs that different people do (family, friends, post person, doctors, dentist, sales assistants, hairdressers/barbers, police, fire officers,  paramedics, farmers, drivers, sports men and women, actors).  Encourage your child to talk about who can do  certain jobs. Nowadays most jobs can be done by both women and men. | https://education.gov.scot/parentzone/learning-at-home/supporting-health-andwellbeing/  planning-for-choices-and-changes/  https://www.theschoolrun.com |
| **Substance Misuse**  Discuss things that your child should not touch or eat. How  can they keep themselves safe? Discuss the difference  between medicines and harmful substances.  Share the different way to get help in unsafe situations and  emergencies. |  |

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| **Number, Money & Measure Estimation** Compare groups of objects: biggest, smallest etc.    **Number Word Sequences** Recite Numbers 0-30  **Counting**  Count small groups of objects (in lines & random arrangement)  **Structure of Number**  Show numbers to 10 and beyond in a variety of ways (building, drawing, acting)  **Addition and Subtraction**  Count on and back from a starting number within 10 to ‘add’ and ‘take away’  **Fractions** Build wholes and split into halves using household materials | Order toys / household objects Youtube - Various Counting Songs  <https://www.bbc.co.uk/cbeebies/shows/numberblocks>  <https://www.topmarks.co.uk/maths-games/3-5-years/counting>  <https://theimaginationtree.com/beans-flower-pots-counting-activity/>  <http://www.ictgames.com/mobilePage/tenFrame/index.html> |
| Money  Identify and order all coins up to £2 Add and subtract within 20p Experiences giving/receiving ‘change’  **Time**  Sequence events from the day  Identify numbers on analogue and digital clocks  **Measurement** Estimate and measure length and height of household objects using everyday items. Measure capacity using household items  **Patterns & Relationships**  Create colour patterns  Create number patterns | Various coin activities – sorting and ordering Show value of coins within 20p  ‘Hour’ Quiz <https://www.bbc.co.uk/bitesize/clips/zfn9jxs>  Draw & order pictures describing the day’s events.  Environmental Patterns <https://nrich.maths.org/13362>  Make patterns using coins, stones, leaves, lego blocks etc. |
| **Shape, Position & Movement Learn Familiar Shape Names** Identify shapes in current environment. Drawing Pictures  **Symmetry**  Identify and create symmetrical patterns. | Shape ‘Treasure Hunt’ (Eg. Find a circle) Fold and cut paper Painting activities |
| **Data Handling Gathering and Organising Information** Match using one criteria (Eg. Household items that are blue.) Collect and organise objects with a purpose (Coins, Pens etc.) | Data ‘Treasure Hunt’ (Eg. Find things that are blue) |