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| Experience ideas | Some Key teaching points |
| Baking or cooking | * How to use scales * Importance of hygiene when preparing food * Following a recipe * Risk assessing (for chopping/using heat) * Discussing different foods, tastes, textures, benefits to our health * Clearing up – developing responsibility allowing them to wash up or help load the dishwasher |
| Getting out and about | * Exercise and gross motor development * Discuss things in the environment * Road safety/risk assessing (climbing/playing near water etc) * Take time to allow investigation and wonder * Draw/write about what you did/saw/heard when you were out * Collect natural materials for use in loose parts play, art activities * Spot birds, insects, animals |
| Play a game together | * Encourage turn taking * Learning how to play a new game like happy families or draughts * Counting practice with dice games * Ask your child to teach you a game they play at school * Play the alphabet game/eye spy/rhyming games/Simon says |
| Helping around the house | * Sorting washing by colour * Helping to peg out washing good for coordination and fine motor development * Setting the table (how many knives/forks etc) * Including children in DIY experience, discussing risks and explaining * Garden activities, planting, pulling up weeds, sweeping the path etc * Teaching a new practical skill like sewing, knitting, playing a musical instrument etc |
| Caring for others | * Make a card or write a letter to a friend or relative who is self-isolating * Call a friend and talk to them on the phone * Facetime/skype someone who is self-isolating to do something together (read/craft/play charades etc) |
| Getting creative | * Collect and explore loose parts * Make transient art * Use loose parts in imaginative play * Have creativity challenges (What can you make with these items) * Draw/write/paint/make |
| Reading | * Reading stories together * Reading non-fiction books together * Practice reading strategies like sounding out and using picture clues |