

## St Mark's Nursery. Activity ideas to try at home.

### Personal, Social and Emotional Development

There is so much that can be done at home to encourage effective PSED. Here are just a few ideas that can be incorporated into your typical day this week:

- ✚ Play games; take turns and play by the rules.
- ✚ Share things; share out snacks or toys or bricks and encourage little ones to do so as well.
- ✚ Look at family photographs. Recall the day, where you were, who was with you what happened etc.

### Communication and Language

Share story books together. Talk about the characters and what happens at the beginning, middle and end of the book. You can also watch popular stories on your tube. In nursery we love the hungry caterpillar and the ginger bread man

Dress up and re enact your favourite stories.

Musical statues!! Dance when the music's on and freeze when it stops. It's as simple as that. You might know it as some ice-breaker entertainment for a birthday party, but it's also great for an attention and listening exercise.

### Physical Development

#### Gross motor

#### **Balloon and Bubble Play**

Children can chase bubbles and try to pop as many as possible. While chasing them, they have to run, jump, zigzag and move in ways that require sudden shifts in balance and weight. The same goes for throwing and trying to catch or kick balloons.

#### Fine motor

#### **Threading pasta (If you can get your hands on it!)**

Threading pasta tubes is a great way of getting your child's fingers busy! They could use a spaghetti stick to see how many pasta tubes they can fit on or give them some wool or string and get them crafting some jewellery for mum!



Don't throw the pasta away keep it for future activities.

Check out **wake up and wiggle** on Facebook. Leanne aims her sessions at nursery aged children.

### Maths

Count, count and count some more! Encourage counting activities all around the house. How many steps to get upstairs? How many spoons in the cutlery drawer? How many socks are going into the washing machine?

Have a go at making some number flash cards 0-10 and see if your child can make sets of objects to match each number.

### Creative

Sing songs and make up your own dances to music.


If you have any duplo/ lego/ mobilo, have a go at building your house.

Talk about Spring and draw/paint some spring flowers.

### Knowledge and Understanding of the World

Talk about People who Help Us. Search for videos on youtube and use the free twinkl login to access all of the free People Who Help us resources.

**People who help us is an important topic at the moment, as traditionally we talk about fire fighters, doctors, nurses and police officers. Now we need to include shop workers, postmen/women, delivery drivers and teachers.**

- 
- .1 Phonics games to play online <http://www.letters-and-sounds.com/phase-1-games.html>
  2. Counting with the gingerbread man. <https://www.topmarks.co.uk/learning-to-count/gingerbread-man-game>
  3. Phonics play is free while schools are closed. You will need to create an account. <https://www.phonicsplay.co.uk/>