



Learning Resources Pack



Content

Here at Kids Planet we have produced a booklet of learning and interactive activities for you and your child. Play is important for the early stages of brain development and can help build relationships for later life, it also helps to develop important skills for earning, life and work.

We have included a range of different activities, below are the contents:

- Learning emotions
- Lego fun
- Play dough
- Writing
- Rock out
- Messy play
- Outdoor play
- Maths at home
- Useful websites
- Ryhme time booklet
- Day in the lives of each nursery group

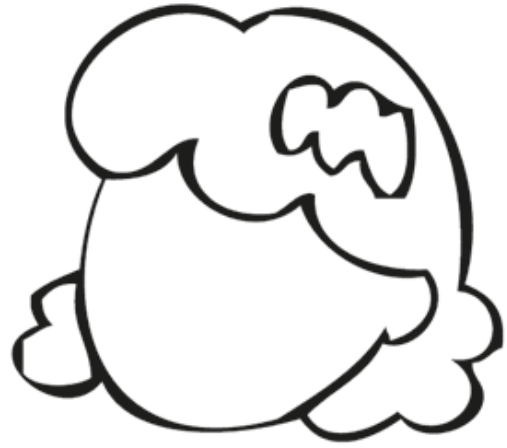


Emotions

Designed to teach children about their own feelings and emotions. You can gain an insight into your child's thoughts and feelings through their drawings. Being able to express what they feel also boosts a child's emotional intelligence.



I'm happy



I'm sad



I'm sleepy



I'm afraid



I'm angry



I'm hot

Lego

Lego teaches children the importance of persisting with a task and see their creation visually take place. Using Lego encourages children to have a go and get involved, take their time and to persevere. It also helps with fine motor skills helping them to construct and follow more complex designs and patterns.

Can you build a tower of 10?

Work together to build a house, car, castle etc.

Can you build a red wall?

Ask your child open ended questions to further their imagination. E.g. where does this piece go? What should we make? Who could live here? Why have you put that brick there? When does the door need to go on?



Play Dough

Play dough is great for learning hand-eye coordination as they use their hands to shape and build and also developing fine motor skills. This also helps build up strength in their small hand muscles and tendons, making them ready for pencil and scissor control. Adding other elements, such as smell, can increase imaginative play.

Playdough recipe

1 ½ cups of flour

1 cup of salt

1 ½ cups of water

You can also add a few drops of food colouring or paint to make coloured playdough

Mix together the flour and salt in a bowl then add the paint or food colouring (if you are using it). Slowly add the water and mix it with a spoon or your hands, you may not need to use all the water.



Did you know....Playdough was first sold as wallpaper cleaner to clean it from soot and smoke.

Playdough

Can you make 3 cakes?

Can you roll it into a ball or a sausage?

Can you use your playdough to take part in a dough disco?

<https://www.youtube.com/watch?v=3K-CQrjI0uY>

Ask your child open ended questions to further their imagination. E.g. Where does this piece go? What should we make? Who could we make this for? Which one is bigger? When is it ready to use? How could we make a pizza?

Writing

Handwriting helps develop a child's fine motor skills. When a child is taught how to write, the first thing they learn is how to hold the pencil. Then they are encouraged to express their creativity in mark making and then onto forming letters. Hand and fingers muscles will become stronger.

Writing

Can you write your name?

Can you make a card for someone?

Can you name some letters of the alphabet?

Ask your child open ended questions to further their imagination.

**E.g. where is the red pencil? What are you going to draw/make?
Which colour is your favourite? How many flowers have you drawn?**

Fine Motor Activities

1. Squeeze a small sponge or small ball of paper.
2. Sit at the table and try to move fingers as if playing fast music on the piano.
3. Put heels of hands together and fingers curled, finger tips apart. Child tries to touch corresponding tips one at a time as quickly as possible.
4. Use thumb and fore finger of writing hand to open and close spring clip pegs.
5. Finger flicking – roll small piece of tissue into a ball. Then flick into a 'goal'.
6. Picking up and placing small items with fingers e.g. pegs in a peg board.

<https://www.youtube.com/watch?v=3K-CQrjI0uY>
(Dough Disco)



Did you know...

The "lead" pencil (which contains no lead) was invented in 1564 when a huge graphite (black carbon) mine was discovered in Borrowdale, Cumbria, England. The pure graphite was sawn into sheets and then cut into square rods. The graphite rods were inserted into hand-carved wooden holders, forming pencils.

Rock Out

Story Stones... Try painting stones and pebbles with story characters to encourage children to build their own stories and characters (this works especially well when they are added to herb gardens, sand pits and grassed areas etc). remember grassed areas don't need to be huge: a tyre filled with compost and then turfed makes a great grass small world starting point and can be fitted into any backyard.



Lots of young children love In the Night Garden and like Makka Pakka, exploring stones and pebbles of all shapes and sizes. Each stone has a unique weight and texture. Try stacking them into towers (lots of problem solving involved) or even washing them with sponges and soap- great if you've been busy chalking on them as part of your mark making!



Stone Chalking/Scrabble... Add letter to a wide range of stones and pebbles to encourage children to make familiar words and explore letter sounds. Children love making their own names out of big pebble letters.



Messy Play

Messy play is a great way of exploring multiple senses with benefits including; fine motor skills, gross motor skills, muscle strengthening, hand eye coordination, body control and balance, communication and enhances learning and play.

Wet Messy Play

Water

Water can be great for messy play it can be liquid/solid, warm/cool.

- Pouring and splashing
- Used as ice. Different colours, and objects/shapes in the ice. How the ice melts to a liquid form
- Coloured with food colourings
- Bubble bath

Jelly

Jelly has a great texture, smell and colour.

- Squeezing
- Touching with tools/fingers
- Melt the jelly and put objects in it
- Scooping with hands/containers
- Exploring and having fun

Tinned tomatoes

Tinned tomatoes are great because they are so versatile.

- Great for squeezing
- Shape of the tomatoes encouraging poking, touching with one finger
- Chopped tomatoes are also good to explore
- Scooping with containers

Shaving foam

They have a great different texture. Very light and airy. When the children clap their hands together the foam will float in the air!

- You can spray onto a survival blanket to enable to move around easy and use hands and feet to make marks
- You can use on mirrors for visual experience to explore 'ourselves'



Dry Messy Play

Cereals

You can use any cereal, any brand. Cornflakes, rice krispies or porridge.

- You can plunge with them. This means three cereals in large bowls and the child's feet are plunged into them. The texture is nice and makes a crunchy sound.
- Squeezing with hands
- Scooping activities, with hands, large spoons, small spoons
- Pouring activities

Lentils

There are many different types of lentils, of all colour and sizes – yellow split peas, green split peas, red split lentils and many more.

- Yellow split peas are great for plunging your hands in to explore. They feel wonderful and cool. You can hide things in too, to encourage exploration.
- All lentils can be placed in bowls and litter trays and children can have their feet placed into them or poured over them!

Flour

You can use flour for really messy fun!

- Flour is fine, smooth, and soft. Clapping your hands in it can be great fun!
- Flour can be grasped, lifted and dropped
- It can be poured through a water funnel and sieve to look like snow
- You can use it like sand and pack it into bowls and buckets
- You can colour flour – red, yellow and orange have the best effects

Shredded paper

Shredded paper is great for exploring with hands and feet

- It can be spread all over the floor and roll, crawl, and stand in it!
- Makes a different noise
- Strong enough to be pulled
- It can encourage small hand movement and scissor control



Outdoor Play

The EYFS puts a huge emphasis on the importance of Outdoor play and states, below are some of key reasons why:

- Being outdoors has a positive impact on children's sense of well-being and helps all aspects of children's development.
- It gives children first-hand contact with weather, seasons and the natural world.
- Outdoor environments offer children freedom to explore, use their senses, and be physically active and exuberant

Outdoor play ideas:

“To Go” boxes

The concept of a “to go” box is: the children can access things that they wish to use quickly, and efficiently encompassing each area of the EYFS. The boxes should be fairly small and have a handle, so a child can choose to carry them out. Some ideas are:

- Superhero box: capes, long gloves, 3D glasses, sashes/scarves, walkie talkie, pens, mini notepads
- Car mechanics: repairs sheets, rulers, pens, pretend diary and tool belts
- Map making and explorer box: rolled tubes to carry maps in, kaleidoscopes, fake maps, globes
- Spy/detective box
- Wildlife box: magnifying glasses, pens, pencils, animal identification notebook to tick what they have seen, cameras

Mud Painting

Try mixing lots of different mud paints and painting with them on natural surfaces as well as paper. Why not try doing it with your nature stick brushes too?

Mud Puddles

Peppa Pig is not the only one who loves jumping in muddy puddles and for young children there is lots to be learned from exploring them. Splashing and squelching gives children first-hand experience of textures and materials and exploring floating and sinking is much more fun in a muddy puddle than in a water tray.



Maths

Maths is an important part of learning for all children in the early years and receiving a good grounding in maths is an essential life skill. As well as numeracy, it helps skills such as problem solving, understanding and using shapes and measure and developing their own spatial awareness.

How to help learn maths at home:

Doing the washing

- Counting in 2s – matching shoes
- Sorting by colour and size.
- Matching/pairing up socks.
- Find four shoes that are different sizes. Can you put them in order.

Food

- Can you cut your toast into 4 pieces? Can you cut it into triangles?
- Setting the table. Counting the right number of plates etc. How many more do we need?
- Can you make shapes/ patterns out of the knives and forks. Can you put them in the right place in the drawers?
- Helping with the cooking by measuring and counting ingredients
- Positional language at dinner time: what is on the rice, where are the carrots etc?

Time

- What day is it yesterday, today, tomorrow?
- Use timers, phones and clocks to measure short periods of time.
- Count down 10/ 20 seconds to get to the table/ into bed etc.
- Recognising numbers on the clock. If you cover a number, what number was missing?



Heuristic Play and Treasure baskets

All you need to know about Heuristic play and Treasure baskets:

What is it?

This is an activity in which babies can play with and explore the properties of objects from the real world. Treasure baskets can be used with babies from the time they can sit un-aided. The objects in a treasure basket can be made from anything but plastic. They can come from any source in nature or around the house

What is it for?

Young babies discover and learn about the world through their sensory motor development. The baby's primary instinct is to explore objects by mouthing them, in order to find out about the objects characteristics. Heuristic play stimulates all of the senses, thus creating a rich learning experience.

It is through handling the objects that a baby develops contact with the outside world and begins to make their own choices and decisions.

Example objects:

- Wooden spoons, egg cup, door wedge, pegs, coasters,
- Sponges, knitted toy, flannel, body puff, leather purse
- Metal pans, spoons, bangle/bracelet, curtain ring, tea strainer, bells, whisk
- Variety of Brushes
- Pine cones, acorns
- Ball, bath plug with chain



Useful Websites

Below are some useful EYFS websites to help whilst at home with your little ones. You can find some engaging early years activities for children from birth to 5 years.

<https://www.twinkl.co.uk/resources/home-early-years>

<https://nrich.maths.org/early-years>

<https://www.tts-group.co.uk/early-years/>

<https://www.futurelearn.com>

<https://www.khanacademy.org>

<http://www.bbc.co.uk/learning/coursesearch/>

<https://www.natgeokids.com/uk/>

<https://www.duolingo.com>

<https://thekidshouldseethis.com>

<https://www.redtedart.com>

