

## Ideas to support children in The Early Years.

These are a few suggestions and ideas that might be useful at this difficult time for children and families. They are not things you must do just ideas of things you could do.

<https://www.twinkl.co.uk/resources/covid19-school-closures>

### Reading

Sharing a book with your child is so important at anytime.

Talk about the pictures, what might happen next, who the characters are.

### Phonics

Try and develop sound awareness with your child. Use things you have in the house to make activities like these



### Fine Motor Skills

Lego/ drawing/ colouring using scissors, playdough are all really important too.

## Maths



Maths doesn't need to be sat down writing number. Make it fun!

Count objects you have in the house—when you are getting plates or glasses out, climbing the stairs,

Set up a shop—they could buy their snacks using 1p coins

Sort objects by colour—these can be themed—sort clothes, shoes, vegetables



## Other Free Resources



**Social Stories** to help children understand the

Coronavirus can be found at:

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

<http://carolgraysocialstories.com/wp-content/uploads/2020/03/pandemics-and-the-coronavirus.pdf>



### PE with Joe Wicks On YouTube

Week days at 9am but you can visit any time on youtube to view the workout.

### Wildlife With with Steve Backshall On Facebook

Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



### Science with Maddie Moate on YouTube

Weekdays 11am. Maddie & Greg chat about science and nature!



### Dance with Oti Mabuse On Facebook

Every day at 11.30am but children can view the class at any time.



### Maths With Carol Vorderman

Free access to the her maths website: [www.themathsfactor.com](http://www.themathsfactor.com)



### Music with Myleene Klass on YouTube

Twice a week. Next one Friday 27 March 10am, but can view any time.



### Storytime With David Walliams

Free story everyday at 11am on his website: [www.worldofdavidwalliams.com](http://www.worldofdavidwalliams.com)

## Sensory Ideas

Many children will need lots of opportunities to get up and move. Below are some ideas that you could incorporate into your child's day.

**Calming activities:** A tent or blanket over a table or chairs can provide a quite calm space for your child.

Bear hugs, rolling tightly in a towel or blanket can help children feel calm.



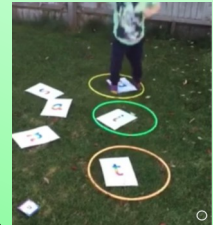
Fidget Toys can also help—you could organise a box a toys for your child to choose from.

**Movement Activities:** (to do in the house or the garden)

Jumping on a trampoline, climbing activities, riding a bike or scooter

← Make some activity cards together.

Games in the garden can burn energy and help learning at the same →



## Online Resources—that might be useful

[Www.cosmickidsyoga.com](http://www.cosmickidsyoga.com)

[Www.oxfordowl.co.uk](http://www.oxfordowl.co.uk)

## Visual timetables

Visual times help children understand what is happening . Uncertainty can cause us all to become anxious.

Sometimes we can use a daily timetable but this depends on your child. You can personalise this to show what your day will look like.



## Now and Next

Now and Next boards are useful as we can prepare the children for a change.

A selection of symbols and a Now and Next board have been attached to this leaflet.



**RANS Helpline:**

**9am-4pm, Monday- Friday**

**01706 926400**