

## Home Learning Challenges

Personal, social and emotional development	Play a board game together, ensuring you are taking turns and listening to each other. You could make your own board game to play with your family.	What makes you feel calm and happy? Make a wellness routine. You could write or draw a schedule to follow when you need it.	Set yourself a target for the future – this could be related to school or it could be to try new foods! Discuss how you can reach your goal and make it achievable and fun!	How do you feel? Talk about how you and your family are feeling and why. You could draw a picture, use symbols or look in the mirror at your facial expressions.	Super Duper You! What are you good at? This may be something from school or a hobby? Maybe swimming or drawing or dancing? Make a list/draw a picture of all the things that make you great!
Physical development	Provide opportunities for your child to use tools and equipment safely around the house. This could be using a potato peeler, a whisk for baking or a Hoover to clean the house.	Encourage your child to dress and undress independently each day. Maybe they could practice tying shoelaces or using buckets and buttons?	Make an obstacle course/sensory circuit in your garden or house. See if you can balance, crawl, hop, jump, slither and slide.	Can you make an exercise routine to complete each day? You could include stretching, sit ups, running on the spot, squats, leg raises, star jumps.	If you have access to the internet you can follow an exercise online. Some good ideas are: Jo Wicks Cosmic Kids (YouTube) Go Noodle (YouTube)
Communication and language	Play games which involve listening for a signal, such as 'Simon Says'.	Ask open ended questions to encourage your child to speak more. Provide motivators such as their favourite things and encourage them to ask for it.	Sing songs, rhymes or read poems and talk about rhyming words. Make up your own rhymes/different endings.	Can you call/video call/write a letter or an email to a distant friend or family member? Ask them how they are, talk about what you have been doing.	Use YouTube to look up Makaton symbols for new words or practice ones you already know. Can you make a sentence using Makaton?
Literacy	Do you know how to write your name? Address? Date of birth? Practice writing it.	Read a story together and discuss the characters, setting and plot.	I spy- Can you draw a picture of what you can see from your window/on a walk? Try to add labels (whole word or initial sounds) or whole sentences about it.	Keep a diary about your day. You can write or record pictures to share your activities.	Watch your favourite TV programme then review it. What did you like/dislike about it? You can write a sentence about your thought?
Numeracy	Practice counting everyday objects around the house. Can you label them and make your own number cards to practice your numbers?	Make a paper aeroplane and test how far it can fly. Can you measure the distance? You could do a similar activity with jumping or throwing objects.	Follow a recipe to make something yummy. Weigh and measure ingredients and talk about the amounts.	More or Less? Compare amount of everyday objects. Which has more/less? Make some number cards and turn them face down. Choose 2 numbers at a time and discuss what is more/less.	Learning the time. Talk about routines in your day- what comes first? What day is it? Look at the clock and talk about the time. Where do the hands go?
Understanding the world	Get yourself a bowl of water. Collect a number of waterproof items from around the house. Which items float/sink? Can you predict before you test them out?	What is your favourite animal? Use the internet or a book to find out some facts. Where do they live? What do they eat? Choose how to record your findings, e.g. poster, video or model.	Go outside for a walk and notice signs of winter, can you find any frost or ice? What did you need to wear on your walk? Is it hot or cold? Take photos, draw or write about what you found.	Have a look at old family photos and discuss them. Have people changed? What was different when Parents and Grandparents were your age?	Look at a map of your local area/countries you like to visit/the world. Discuss how far things are, what is in your local area? What countries would you like to visit and how would you get there?
Expressive arts and design	Encourage imaginative play- Could you act out a story or event? Can you make a mask or costume?	Provide opportunities for your child to create pictures in different ways. E.g. using sticks, shaving foam, mud, paper shredding.	Listen to a range of songs. Can you make up a dance or performance?	Collect recycling and make a model. It could be a space ship, a robot, anything!	Can you use old clothes, everyday objects from around the house to make a garment? You could have a fashion show!