

# My book of big learning: Now I'm Getting Ready For School



In partnership with:



**Tameside**  
Integrated Care Partnership



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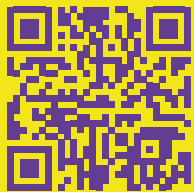
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[www.gotogrowtameside.co.uk](http://www.gotogrowtameside.co.uk)

# welcome to grow

Grow is here to help and support you with your journey from pregnancy to your child starting school, offering the most up-to-date advice for families in Tameside from services such as Health Visitors, Family Hubs and Midwives.

For more information about local services and support, including what's available at your local Family Hubs see [www.gotogrowtameside.co.uk](http://www.gotogrowtameside.co.uk)



@growintameside

## Welcome to the Grow learning activity booklet

Do you know your child is watching everything you do and say? They're learning all the time. Everyday conversation of what you can see around you, helping put the shopping in a basket or hanging up washing are all learning opportunities if you make them fun and involve your child.

Early years of life is an exciting time where close and loving relationships are everything – learning to talk and listen, using your body, developing

emotions, and expressing yourself as well as developing an understanding of the world around you.

This booklet contains suggestions for fun, easy to do, age appropriate learning activities. All activities are for children to share with parents supervising\*, guiding and nurturing curiosity. There are 3 types of activities **physical development**, **communication and language**, **personal, social and emotional development**.

\* Please ensure you consider any potential for allergic reactions to handling materials or substances and all activities should be closely supervised.

# family photos



## Here's how to do it

Look at old photographs, who is in the photos, where was the photo taken? What age were people in the photo – eg. is it a baby photo? Do those people look like that now? Recall stories from when the pictures were taken.

## Extending the fun

Fold some paper, draw or stick photos into your home made book. Can your child tell you the stories from the pictures?

## Your child is learning...

...to talk about past and present events in their own life and in the life of family members.



# making my own snacks

## Here's how to do it

Support your child to prepare their own snack. Practice cutting fruit with a blunt knife and spreading some topping on toast.

## Extending the fun

Help your child to pour milk or juice to drink. How about mixing some fruit together to make a smoothie?

## Your child is learning...

...new practical skills and becoming increasingly independent.



# sharing a story

## Here's how to do it

Share a book together, let your child turn the pages. Ask questions about the story, discuss the characters and describe the pictures.

## Extending the fun

Can you act out the story or use puppets to retell the story? How about creating some artwork based on the story and its characters?

## Your child is learning...

...to listen to stories with increasing attention and recall.





# action games

## Here's how to do it

**Tag** – chase and try and catch someone, when you're caught swap over as the chaser.

**Red light Green light** – Start with players along the starting line – when you say 'Green Light' everyone will move towards the finish line. When you say 'Red Light' everyone must immediately stop. If players are still moving when you call 'Red Light', they must go back to the starting line.

## Extending the fun

Add a soft ball for dodge ball – players must dodge a thrown ball, if you get hit by the ball you're out.

## Your child is learning...

...to successfully negotiate physical space when playing chasing and racing games with others. To learn and follow rules in games.





# memory game

## Here's how to do it

Choose 5 objects and place them on a table. Ask your child to close their eyes whilst you remove one object – can your child remember which object has gone?

## Extending the fun

Take turns at hiding and remembering, increase the number of objects to increase the challenge.

## Your child is learning...

...to develop their memory recall during a fun game.

# what can I do? can I help?

## Here's how to do it

Encourage your child to be independent – carry their own plate with food to the table, can they get their spoon and bowl out for breakfast, pour a drink, choose their clothes and dress themselves. All will require practice!

## Your child is learning...

...to have a sense of belonging through being involved in daily tasks.

## Extending the fun

As well as looking after themselves, can they help put clean pots away, sorting washing or feeding a pet.





# caring for nature

## Here's how to do it

Make an insect hotel with twigs or bamboo cane tied in a bundle. Place in the garden and watch out for the bugs visiting over the coming days.

## Extending the fun

What kind of bugs can you find in the garden? Have a look at them closely, talk about how they look and how they move. Use a spade to dig up some soil and see what you can find.

## Your child is learning...

...to show an interest in their environment and how to care for nature.



# make your own costume



## Here's how to do it

Get creative with cardboard, glue or old material. Create a costume from your imagination.

## Extending the fun

Create your own superhero emblem and cape. Can you act out or tell stories in costume?

## Your child is learning...

...how to use a variety of materials to express their own ideas and interests.

# plant a seed

## Here's how to do it

Plant seeds in a small pot or in the garden, remember to water it daily and ensure it has plenty of sunshine. Sunflower seeds in the summer are a great choice for big growth over a number of weeks. If you don't have soil, cress seeds can be scattered on damp kitchen roll and will grow in a few days.

## Extending the fun

Monitor your seed's progress, keep watering, is it growing, how big will it become? Plant different seeds and compare the growth, leaves and size.



## Your child is learning...

...how to care for living things and watch them change and grow.



# leaf rubbing



## Here's how to do it

When you're out on a nature walk collect different kinds of leaves. At home, lie a piece of paper over the leaves and rub over the paper with the sides of a crayon to make a leaf printout.

## Extending the fun

Get creative with different colours and leaf shapes, why not get some glue and sticks and make a collage?

## Your child is learning...

...to experiment with nature and talk about why things happen and why things work.



# animal exercises

## Here's how to do it

Slither like a snake, hop like a bunny, waddle like a penguin, jump like a kangaroo, leap like a frog, stride like a lion. How many animal actions can you think of?

## Extending the fun

Can you guess what animal others are being by their actions? Use lots of words to describe what you're doing.



## Your child is learning...

...how to move in a range of ways, moving freely and with confidence.

# avoid the floor

## Here's how to do it

Cut circles out of newspaper or card to create stepping stones. Change the distance between the stepping stones and jump or step from one to the other. Can you get from one side of the room to another without touching the floor?

## Extending the fun

Play music and when it stops if you're the last one to be on a stepping stone you're out of the game.

## Your child is learning...

...to move and travel with confidence and skill.





# target practice

## Here's how to do it

Chalk some targets on the floor or use a washing basket as a goal. Throw objects like balls or beanbags into the baskets or targets.

## Extending the fun

Move the target further away to make it harder or have more than one target with different points to score.



## Your child is learning...

...to develop physical hand/eye co-ordination and counting skills.

# baking

## Here's how to do it

Choose a simple recipe. Read out the instructions, can your child help you with the measuring and mixing? Talk through the steps, check you have done everything correctly, ask what's next? Don't forget to tidy up together. Praise your child for what they achieved.

## Extending the fun

What other simple recipes can you learn together?

## Your child is learning...

...to follow a set of instructions, to organise, sequence and clarify thinking during an activity.





# playing with boxes



## Here's how to do it

If you have any cardboard boxes, let your little one crawl through or play inside. What can they imagine their box is? Could it be a house, a boat, a train, a spaceship or something else?

## Extending the fun

Decorate the box with pens, paints or old material.

## Your child is learning...

...to develop their own ideas through experimenting and exploring their interests.





# mud pie kitchen

## Here's how to do it

Children often love getting dirty and playing outside, amongst nature. Find some old pots and pans and pretend to cook with some soil and water. Don't forget to wash your hands well after!

## Extending the fun

Add seeds, flowers, leaves, pine cones and old kitchen utensils.



## Your child is learning...

...to explore the properties of natural resources in an imaginative and creative way.

# pebble decorating

## Here's how to do it

Find some smooth round pebbles in your garden or on a walk. Wash and dry them. Use waterproof paints, felt tip pens or chalk to make patterns or a picture.

## Extending the fun

Take turns to hide the pebbles. Can you find them? You could leave your pebbles in a local park for others to find.

## Your child is learning...

...to use and manipulate a range of one handed tools with increasing control.





# scavenger hunt

## Here's how to do it

Have an outdoor scavenger hunt. Create a shopping list of items such as a stick, pebble, daisy, feather and head out to the local park to find them.

## Extending the fun

You could make a colour hunt – find something red or yellow or how about a mini beast hunt – what insects can you find?

## Your child is learning...

...to understand that written text has a meaning and show an interest in pictures and words on the list.





# listening walk



## Here's how to do it

Go for a walk down your street, in a park, the woods or alongside a river. Discuss all the different things you can see and hear. Can you jump in puddles? Collect fallen leaves? Can you find animals and insects? There's so much to see, listen and talk about if you stop, look and listen together.

## Extending the fun

What can you remember of the walk when you get home?

## Your child is learning...

...to listen attentively and respond to what they hear.



# kicking and throwing

## Here's how to do it

This may seem a simple task but lots of practice and patience is needed for kicking or throwing a ball back and forth between two people.

## Extending the fun

Introduce a bat or racket.

## Your child is learning...

...to practice many skills including balancing and to successfully negotiate physical space, gross motor skills and turn taking.



# dressing up

## Here's how to do it

Dressing up doesn't have to be bought costumes, allow your child to explore some grown up clothes. Can they work out how to put them on?

## Extending the fun

Can they fasten buttons or do up a zip?

## Your child is learning...

...to become more independent and get dressed with less help.



# den making

## Here's how to do it

Make a den together using old material such as bed sheets over tables, chairs or a washing maiden.

## Extending the fun

Tell stories, have a tea party or play bedtime in the den.

## Your child is learning...

...how to be expressive and creative whilst using a variety of materials.



# threading

## Here's how to do it

Threading is a great activity to develop fine motor skills. Can you thread laces through a colander or some card which has been hole punched? What about cotton reels and an old shoe lace?

## Extending the fun

Cut up a wide straw and thread the pieces on string to make a necklace.

## Your child is learning...

...to develop their hand eye co-ordination.







# printing with tools

## Here's how to do it

Get creative using different tools for painting. How about using some string dipped in paint, a sponge, a cotton bud, a fork or an old toothbrush.

## Extending the fun

How about blowing watery paint through a straw or using objects to create an interesting print such as a potato masher or cotton reel.

## Your child is learning...

...to develop their fine motor skills and encourages creativity.

# floating and sinking

## Here's how to do it

Fill a bowl or bucket with water, have your child collect some objects from your house and predict whether each object will float or sink.

## Extending the fun

Can you make a boat out of a butter tub or some tin foil? Stack some coins in your boat, count how many coins your boat will carry before it sinks.

## Your child is learning...

...how to think creatively whilst making predictions and using language.



# ice play

## Here's how to do it

Put a few toys in some containers, cover with water and freeze them. Take the iced toys out of containers. Use a large bowl and challenge your children to rescue their toys from the ice.

## Extending the fun

Use some old washing up liquid bottles with warm water to help melt the ice or some plastic utensils to chip away. Use food colouring to colour the ice.

## Your child is learning...

...to talk about why things happen and how things work, whilst playing and exploring.





# fish scoop

## Here's how to do it

This activity can be done in a bowl of water or during bath time. Add in balls or toys that float and encourage your little one to fish them out with a net, sieve or colander.

## Extending the fun

Find objects of different sizes, that float and sink. Talk about which ones are easiest to scoop out and why?

## Your child is learning...

...to handle one handed tools with increasing control and intention.





# simon says

## Here's how to do it

'Simon says' is a listening and copying game where the leader says an action i.e. Simon says... put your hands in the air. The players simply copy the action, the only rule is that the leader says 'Simon says...' first. If they don't the person who copies the action is out.

Here are some action ideas: bend your knees, bow, clap your hands, climb the stairs, cross your arms or legs, dance, hop, jump, skip.

## Extending the fun

What other actions can you come up with? Involve the whole family.

## Your child is learning...

...to focus their attention and follow directions.



# digging for treasure

## Here's how to do it

Add some treasure into a bucket of soil, you could use small toys wrapped in shiny paper. Hide them well and allow your child to use a spade to dig and find the treasure.

## Extending the fun

Make an old treasure map using teabags to age the paper and create an old dirty effect, then hide the treasure where the X is on the map.

## Your child is learning...

...to develop their curiosity, begin to question why things happen and give explanations.

