

How can you support learning at home?

- Talk to your children all the time! When you're cooking, talk about what you're doing when you're walking down the street, talk about what you can see, etc.



- Play games such as 'Simon says' to improve instruction following. "Simon says point to your nose and then your feet".
- Go on a number hunt– which numbers can you find? Use bus numbers, number plates, prices at the supermarket, etc.
- Setting the table. Count the right number of plates. How many more do we need?
- Counting coins
- While out shopping comparing weights. Which is heavier? Which is lighter?
- Shape hunt. Can you find a square in your house? A circle? Etc. How do you know it's a square? Can you count the sides?
- Read every day! This could be sharing a books, looking through a menu while you're out for dinner, letters, street signs, food labels, etc.
- Ask the children questions during the story such as "What do you think will happen next? "How is the character feeling?" "What was your favourite part of the story? Why?"
- Practise using a knife and fork
- Encouraging your child to use their words to communicate if they want something
- Teaching them to put their coat on and do their zip up independently,



Gross Motor

- **Hanging activities** – practice monkey bars, chins ups, pull ups or swing from the tree limbs to increase the muscle strength in the shoulder girdle muscles.
- **Climbing activities** – climb the ladders and ropes at the park.
- **Pushing and pulling activities** – pull a heavy wagon or push a child on a swing. These pushing and pulling motions help the shoulder to produce the right amount of force and stability.
- **Weight bearing activities through the arms** – walking like an animal, wheelbarrow walking, crawling, planks, and wall push ups all help to increase muscle strength and improve shoulder and postural muscles.
- **Yoga Poses** – provide muscle strengthening and postural control

Fine Motor:

- **Threading and lacing** with a variety of sized laces.
 - **Playdough** activities that may involve rolling with hands or a rolling pin, hiding objects such as coins in the play dough or just creative construction.
 - **Scissor** projects that may involve cutting out geometric shapes to then paste them together to make pictures such as robots, trains or houses.
 - **Tongs or teabag squeezers** to pick up objects.
 - **Drawing or writing** on a large piece of paper, or chalk on the floor
 - **Every day activities** that require finger strength such as opening containers and jars.
 - **Pre writing shapes:** Practice drawing the pre-writing shapes (I, —, O, +, /, square, \, X, and Δ).
 - **Finger games:** that practice specific finger movements such as *Incy wincy Spider*.
 - **Craft:** Make things using old boxes, egg cartons, wool, paper and sticky or masking tape.
- Construction:** Building with duplo, lego, mobilo or other construction toys.

