

## 10 Extra Home Learning Challenges

Try and do one of these activities each day. Please email [nursery@elp.rbksch.org](mailto:nursery@elp.rbksch.org) We love to see your photos and we will reply with what Kind Kitten has been up to.

### Challenge 1

**Take turns** - Play a turn-taking game to encourage your child's social skills as well as turn-taking in communication. Use phrases 'My turn' 'Your turn' 'Good waiting' constantly throughout the activity and wait for your child to have his or her turn. There are lots of commercial turn-taking games available (in fact almost all children's board games involve an element of turn-taking) but do not worry if you don't have one. Here are some other ideas for games to play and turn-taking opportunities to include in your child's play:

Taking it in turns to roll a car down a ramp or race it along a home-made track. Taking it in turns to throw a ball or bean bag in the garden. Rolling or kicking a ball backwards and forwards between you. When role-playing, having a pretend conversation on a toy telephone, taking turns to speak. When role-playing, take turns to pour and drink a pretend cup of tea. Taking turns to turn a page of a book. Building a tower of blocks or cups, taking turns to add a piece (and knock it down!).



### Challenge 2

**Practice cutlery skills and opening packets.**

If your child is starting reception in September, they might be having school dinners or packed lunch. This a great opportunity to help them master the skills of using cutlery. Encourage your child to use a knife and fork to cut up their food. If packed lunch, help them gain the skills to open packets or yoghurt pots. All these activities help with fine motor skills for writing too.



### Challenge 3

#### Can you count the pennies?

We would like you to spend some time with an adult exploring money and counting pennies. Once you and your child have explored some money, please complete the following questions with your child.

1. Can you count the pennies? How many altogether in each group?



Look at different coins. Can you sort them into different colours? Can you find the numbers on different coins?

### Challenge 4

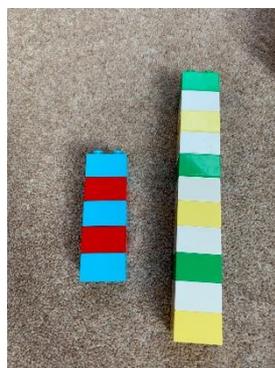
#### Can you build towers with patterns?

We would like you to enjoy building some towers with your children using different objects. We would like you to encourage the children to build towers with patterns. Using building blocks requires your child to put them in a position so that they do not topple over. As a result, hand-eye coordination improves the more the child plays. The act of grasping the blocks itself serves as good practice for gripping objects, and strengthens the fingers and hands of the child. To extend this activity see if you child can make a 3 object/ colour pattern.

You could build towers  
Duplo  
Lego  
Wooden Blocks



with:



- Can you create a colour pattern? (red, blue, red, blue)
- Can you create a size pattern? (big, little, big, little)

## Challenge 5

Make some play dough

### Can you make some play dough?

We would like you to make some play dough with an adult and then play with it to make different things of your choice. This activity will help develop your child's fine motor skills because they will manipulate the dough by squashing it, squeezing it, patting it and rolling it. Playing with play dough also helps build strength in their hand muscles.

#### Ingredients:

- 8 tbsp plain flour
- 2 tbsp table salt
- 60ml warm water
- food colouring
- 1 tbsp vegetable oil

#### What to do:

1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil.
2. Pour the coloured water into the flour mix and bring together with a spoon.
3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring.
4. Store in a plastic sandwich bag (squeeze out the air) in the fridge to keep it fresh.

- Who helped you make the play dough?
- What colour play dough did you make?
- What things did you make with the play dough?
- Could you do the following things using the play dough?

Roll a ball	Stretch it	Roll it thin like a sausage	Roll it flat	Squeeze it	Break it	Push fingers into it	Cut it
							

## Challenge 6

With a family member we would like you to create some pasta jewellery. This will help your child develop their fine motor skills, as threading is a tricky skill and your child will develop their perseverance. All you need is some pasta and string. To extend this activity you could encourage your child to make a pattern using the pasta, for example red, yellow, red, yellow.

What you need to do:

1. First you need to paint the pasta.
2. Once it is dry, encourage your child to thread it onto the string.
3. Thread lots of pasta onto the string then tie the end so it doesn't fall off.
4. Then let your child enjoy wearing their bracelet or necklace.

Here are some questions to ask your child:

- What colour will you paint your bracelet/ necklace?
- Why do people wear jewellery?
- What jewellery can you name? (*necklace, bracelet, ring, ear rings*)



## Challenge 7

**Name letter or number mix up - Can you sort?**

Threading letters or numbers from cut up kitchen roll tubes



## Challenge 8

### Duplo Water Maze/Towers

You will need

Plastic tray with edges, some Duplo, milk bottle top or a little piece of foil shaped as a boat, a straw and a cup of water.

Make the Duplo bricks into a maze on the tray. Then add the cup of water. The idea is to blow the bottle top/ foil boats through the water maze from one end to the other. You can then make some Duplo tunnels for the tops to have to go under - a bit like a slalom. If you have two trays you could do this as a competitive game and make a maze for each other.



## Challenge 9

### Make a postal hug

Send a hug from the kids to grandparents or anyone. Outline the child's arm open wide on a long sheet of paper. Cut along the line and have the child decorate it. Fold up and send.



## Challenge 10

### Animal Walk Exercises

**Bird:** Stand on tiptoes and wave arms slowly up and down. As the wings move faster, run tippy-toe around as if you were flying. As the flapping slows down the bird comes slowly to a stop.



**Bunny:** Squat low on heels and place hands palm down on floor. Move the hands forward and bring the feet forward between the hands with a little jump.



**Horse Prancing:** Stand straight with hands held simulating grasp on reins. Lift knee high with toes pointed. Just as the foot touches the ground again, lift the other knee energetically.



**Monkey:** Run forward with both hands on the floor and the knees slightly bent.



**Elephant:** Bending forward at the hips, allow the arms to hang limp. Big steps and sway from side to side as you walk, imitating an elephant.

