Listening, Concentration & Memory Activities

A child should be able to concentrate for as many minutes as their age, times 2. So a 3 year old - 6 minutes and a 4 year old - 8 minutes etc. If your child is finding it tricky to concentrate, build up the time slowly e.g. time 3 minutes on a timer and add 1 minute each time.

	concentrate, build up the time slowly e.g. time 5 minutes c		
Listening walk	Make a musical instrument	Kim's games	
Go for a listening walk! It could be outside or inside.	Fill an empty bottle, container (with lid), cardboard tube or	Place 5 items on a tray. It could be anything from your	
Sit in a space and listen for 1 minute.	tin can (cover ends) and fill with something noisy!	home – pencil, orange, cotton wool, a toy. Ask your child to	
Talk about what you can hear.	Could be rice, pasta, lentils, gravel, sand, cereal?	look carefully at each item and name each object. Then cover	
E.g. kitchen – "I can hear the fridge humming. I can hear the	Practise playing fast/slow, loud/quiet, play to a beat, count 5	the tray with some material (could be a pillow case). Take	
birds outside tweeting".	or 10 beats, adult play-child copy.	one thing away without your child seeing. Can they guess	
The adult needs to make sure they describe what they can	You could compare sounds – which is louder? Which is	which item is missing?	
hear — humming, buzzing, rattling etc.	quieter? Which makes a rattle?	You can add items as they become more confident.	
The adult could write a list of what you can hear.	You could fill your instrument with something soft and	You can also ask your child to list the items on the tray –	
Remind children of 5 listening skills.	compare the noise e.g. cotton wool or leaves.	how many can you remember?	
Make your noise animal	Find the hidden object game		
Take turns with your child to think of an animal and the	Hide an object in your home/garden. As your child gets	Musical Statues	
noise it makes. Ask your child to hide under a blanket. Then	closer to the object, play an instrument (could be a	This is a popular party game but is also great for attention	
use the phrase "make your noise animal". You have to guess	tambourine, spoon on a pan) louder/faster when they are	and listening. Dance when the music is on and freeze when	
what animal is hiding under the blanket.	getting closer, quieter/slower as they get further away.	it's stops!	
Make sure you join in too!	When they are confident they could hide an object for you!	I	
	······································		
Giant memory game	Story stones		
Giant version of pair matching game.	Story stones are simple prompts for storytelling. Collect		
On paper plates, make matching pairs by drawing things on	stones from the beach. You could either draw objects/animals		
to plates. Could be matching numbers, shapes, colours,	onto stones or print them and stick them or cut out pictures	Drum Outdoors	
animals? (Recommend 10/12 plates).	from magazines.	Use something as a beater – could be a stick, wooden spoon,	
Lay plates out face down. Child takes turns to turn plates	(Look on TWINKL and search 'story telling prompt cards' for	chop stick.	
over. Remember not to move the plates. They need to try	lots of ideas and pictures to print).	What different sounds can you stick make when your tap or	
and remember where each picture is.		stroke your beater?	
	\oplus \bigcirc \bigcirc \bigcirc	Vocab: dong, ding, ping, scrape, thud, plod, clap.	
		Can you make the sound louder or quitter?	
Frightfollog con	7 7 7		
Listening Skills - sound discrimination			
games	Hop Little Bunnies	Board games & puzzles	
Search BBC School Radio EYFS Listening Skills	Find on YouTube – My Little Word of Song	Play any board games and puzzles.	
https://www.bbc.co.uk/teach/school-radio/eyfs-	Child lays on the floors. When prompted they jump up and	If they struggle to concentrate, set up the game or puzzle	
listening-skills/zbc4y9q	follow the instructions – hop little bunny hop hop hop!	somewhere they can come back to it.	

Mr Physical Activities M

Search for Sticky Kids - YouTube Funky Monkey

Do the Funky Monkey!! Swing your arms from side to side in time to the music.

Let's Go Walking Dinosaurs Old MacDonald I Jump Out of Bed Heads Shoulders Knees & Toes These are just a few favourites – follow the Sticky Kids YouTube Channel for lots more!

Practise independence!

Take extra time everyday to help your child with tricky tasks: Putting on their coat Doing their zip on their coat Putting on their own shoes and socks Clearing their own plate & stacking the dishwasher Putting their clothes in the wash basket

Sweeping

Sweep with long strokes? Sweep with short strokes? Sweep in a circle? Sweep the floor? Sweep the walls? Make sure you show your child how to hold a brush properly with two hands, one on the top and one towards the bottom. This is a good physical activity that supports the

development of the elbow and shoulder.

Traffic light game

Make 3 circles on 3 pieces of paper/card – 1 red, 1 amber/orange, 1 green (you could just use 3 *items* e.g. green apple, orange and red pepper. As long as the child can see the colour).

Child moves around the space. When you hold up the red they stop, green means go and amber/orange means they do star jumps on the spot. Could change the amber/orange to anything – jog on spot, skip on spot, hop, jump. Could also change the game so each colour is an animal e.g. red = move like a monkey, amber/orange = lion, green

= frog.

Target Games Use balls or balled up socks and washing baskets or boxes to make a target game. Get your child to keep score!



Action songs If You're Happy and You Know It The Grand Old Duke of York Did you ever see a bunny? Hop Little Bunnies Head, Shoulders, Knees & Toes The Hokey Cokey One Big Hippo Balancing The Wheels on the Bus

Water painting or rolling (could add soap?)

Use a paint brush or decorating roller outside with water in something they can dip the brush/roller into. Usually best on a sunnier day as they can see the marks easier.

Roll up? Roll down? Roll the up and down the black board? Roll along the floor? Maybe add soap?

This is a good physical activity that supports the development of the elbow and shoulder.

Shaving Foam



Squirt some shaving foam onto a tray. Child could make shapes with their finger? Or use a paint brush? Potato masher? Encourage your child to make big shapes where they're moving their full arm and shoulder. Best to be standing at a table!

Tin Can Alley

Make your own bowling game!



Use balled up socks if you don't have a ball. Get your child to keep score – they could record on a tally!

Animal Exercises

Search YouTube – 'Animal Exercise for Kids with animals' Can you move like a giraffe? Kangaroo? Tiger? Could you make up your own animal moves?





Make your own mud kitchen

Make your own mud kitchen! Find a small outdoor space and scoop some soil or mud into a bowl and some water – could be in a watering can? Use tools from your kitchen that can be thoroughly washed after e.g. metal and plastic tools not wooden.

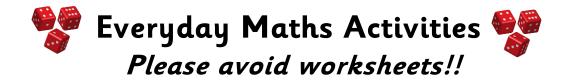
(Could do the same at the beach with sand?)





🜞 Well-Being/Mindfulness Activities 🌞

Positive Paper ChainsCut paper into strips and write positive words on each chain. Link them together and display them somewhere in your home.Image: Stripper S	Making faces Make a face out of anything – natural objects, clothes (socks for eyes, pants for mouth and trousers for hair!), jewellery, pasta, cereal, buttons, beads, flowers, cut facial features out of magazines. Talk about how they are feeling and their expressions. "They have a big wide smile, they're happy". "They have wrinkly eyes, they're cross".	Shadow Drawing Either on a sunny day or in a dark "ish" room (use the torch on your phone), make shadow drawings! Could use paper and pencils or inside of a cereal box! The second
What I like about me! Ask child to draw a picture of themselves. Talk about what they like about themselves and adult write all the things around the picture. Could ask whole family to do this – including adults!	Happy List Every day make a list or just chat about 3 things that made them happy that day or that they've enjoyed doing and why.	FaceTime a friend FaceTime a new friend or member of your family every day! Think of what questions you could ask them or what you'd like to tell them you've been up to.
Simple Act of Kindness Ask child to do one act of kindness for someone else in their family. Could be drawing a picture for someone? Setting the table? Giving a hug or a kiss? Making their bed?	Caring for your toys Role play looking after toys or dolls. Your child could wash or dress them, make their 'meals', take them for exercise, read them a story, sing them a song, take them to the 'doctor'	Colouring Colouring is a great way to relax the brain! Sit together at the table and just colour. It's really important that your child sees you exercising ways to switch your mind off too. You could play some relaxing background music too – find some on YouTube!
Den building/Blanket fort Use sheets, blankets and furniture to make a den or fort! Intervention of the state	Sing If You're Happy and You Know It (YouTube – Barefoot books) What else could you do? If you're happy and you know it Hug your mum? Stroke your cat? Blow a kiss? Stretch up high? Bend down low?	Friendship hearts/stars Your child could make a heart or star out of card (could use cereal box) and decorate it for a specific person. Hang them above their bed or somewhere they can see them. They could add what they wish for that person and the adult could write it on.

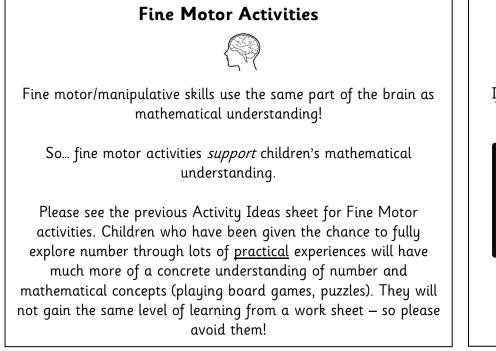


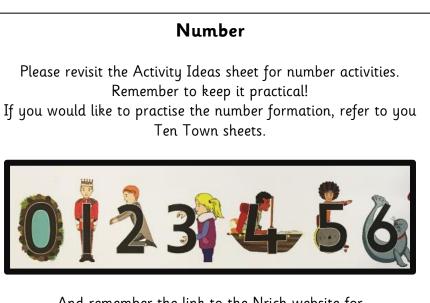
Maths is more than just counting...

Maths is all around us and in everything we do. Getting familiar with numbers, counting and calculation is very important, but children also need lots of opportunities to explore the connections and language in all mathematical concepts.

For example:

Pattern	Position	Weight	Length	Size	Symmetry
Area	Fractions	Height	Time	Capacity	Data handling





And remember the link to the Nrich website for lots more practical ideas!

This is all about *exploring.* Let your child lead you...

	Evaluria e la tile/a sete/riss/sesuel/sea d/		
Exploring Boxes	Exploring lentils/pasta/rice/gravel/sand/	Exploring playdough using scissors	
Collect boxes/containers from around the house.	Could be done in the bath with water? Or any food	Look at Activity Ideas sheet for playdough recipe.	
N N	you have that it out of date? Or sand from the beach	Could also use out of date, cooked pasta.	
You can	or gravel?		
Lay the box flat? What shapes can you see?		Cut the playdough in half?	
Put the box back together?	You can	Cut the playdough into 2/3/4 pieces?	
Fit inside the box? Could I fit inside the box?	Scoop/pour/mix	Cut the playdough into 2 halves? 4 quarters?	
Put the box inside? On top? Next to?	Fill the tallest/shortest container? Roll the playdough backwards and		
Find the biggest box?	Fill the container? Is the container full or empty?	Talk about the shape you have made?	
Find the smallest box?	Fill the container to the top?	Is it round? Smooth?	
Find a medium sized box?	Empty the container?	Is it long? Short?	
	Fill half of the container?	Big? Medium? Small?	
This is a great activity for children to explore 2D			
and 3D shape, talk about size and use positional	This is a great activity to give you a chance to	This is a great activity for children to explore addition,	
language.	use language to introduce capacity.	subtraction, difference and measurement.	
Shape / face / edge / big / small / large / little / sides /	Container / full / empty / half / third / quarter / tallest	Half / quarter / piece / biggest / smallest / round / roll / cut /	
square / rectangle / in / on / under / next to	/ shortest / more / less	smooth / long / short / big / medium / small	
		More activities	
Exploring egg boxes/ice cube trays &		Put your teddies in size order	
conkers, cotton reels & buttons	Exploring loose parts with natural	Invite them to a tea party – set the table for them	
You can		Any baking and cooking!	
Collect 6 objects.	materials	Small toys – arrange small toys in different ways. Can you put	
Convect 6 objects. Can you collect 6 cotton reels?	(Pine cones, pebbles, wood, shells, leaves)	them in a circle? In a line?	
Can you collect 6 conkers?		Make a visual timetable together — look on Twinkl for ideas.	
Can you collect 6 buttons?	Arrange your objects in different ways?		
Can you collect 2 of each thing?	Take turns arranging the objects?		
Can you collect all the biggest ones?	Make a picture?		
	Make a pattern?		
Can you collect all the smallest ones?	Sort by shape, size or colour?		
Can you make a pattern? E.g. conker, button, conker,	Use positional language? Next to/on top/under/over		
button. Can you put the conker first and the cotton reel next?		Play a scoring game e.g. tin can alley (see Physical Activities) and	
Can you put the conker just and the conton reel flext?	This is a great activity to give you a chance to	keep a tally score.	
It doesn't matter if your child gets the number	use language to describe number, pattern, size	Slice a cake or pizza into pieces – talk about pieces that are equal	
order wrong! Praise them, and then repeat the order	and shape.	size/same size.	
		Put bowls, spoons, cups, plates and containers in the bath at bath	
yourself correctly and keep reiterating.	Pattern / curve / round / smooth / heavy / spiky /	time. Pour and play!	
Madium / cmallest / large / biggest / some / nothern / time /	same / light / different / straight	Sort the socks – hide 5 pairs of socks around your home. Ask your	
Medium / smallest / large / biggest / same / pattern / tiny /		child to find the socks and match the pairs.	
different / little / first / second / third / next / then		Fruit kebabs — make a pattern with the fruit e.g. banana, apple, banana, apple (could use ice cube tray or lay on a plate).	