





# 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.*

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



# Physical Activities



<p><b>Search for Sticky Kids - YouTube</b>  <b>Funky Monkey</b>      Do the Funky Monkey!!      Swing your arms from side to side in time to the music.  <b>Let's Go Walking</b>  <b>Dinosaurs</b>  <b>Old MacDonald</b>  <b>I Jump Out of Bed</b>  <b>Heads Shoulders Knees &amp; Toes</b>  <i>These are just a few favourites – follow the Sticky Kids YouTube Channel for lots more!</i></p>	<p><b>Target Games</b>          Use balls or balled up socks and washing baskets or boxes to make a target game. Get your child to keep score!</p> 	<p><b>Tin Can Alley</b>          Make your own bowling game!</p>  <p>Use balled up socks if you don't have a ball. Get your child to keep score – they could record on a tally!</p>
<p><b>Practise independence!</b>          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 &amp; stacking the dishwasher          Putting their clothes in the wash basket</p>	<p><b>Action songs</b>          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 &amp; Toes          The Hokey Cokey          One Big Hippo Balancing          The Wheels on the Bus</p>	<p><b>Animal Exercises</b>          Search YouTube – 'Animal Exercise for Kids with animals'          Can you move like a giraffe? Kangaroo? Tiger?          Could you make up your own animal moves?</p>
<p><b>Sweeping</b>          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.</p>	<p><b>Water painting or rolling (could add soap?)</b>          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.</p>	
<p><b>Traffic light game</b>          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.</p>	<p><b>Shaving Foam</b></p>  <p>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!</p>	<p><b>Make your own mud kitchen</b>          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?)</p> 



# Well-Being/Mindfulness Activities



## Positive Paper Chains

Cut paper into strips and write positive words on each chain. Link them together and display them somewhere in your home.



Friendship★love★family★friends★smile★happiness  
★strength★kindness★hope★sunshine★rainbow

## 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!



## 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!



Have a sleepover in your den!

## 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.



# Everyday Maths Activities



***Please avoid worksheets!!***

*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

## Fine Motor Activities



Fine motor/manipulative skills use the same part of the brain as mathematical understanding!

So... fine motor activities *support* children's mathematical understanding.

Please see the previous Activity Ideas sheet for Fine Motor activities. Children who have been given the chance to fully explore number through lots of practical experiences will have much more of a concrete understanding of number and mathematical concepts (playing board games, puzzles). They will not gain the same level of learning from a work sheet – so please avoid them!

## Number

Please revisit the Activity Ideas sheet for number activities.

Remember to keep it practical!



If you would like to practise the number formation, refer to you Ten Town sheets.



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



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

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