



KINETON PLAYGROUP NEWSLETTER

Ideas at home - 19 March 2020

IDEAS AT HOME

If you are at home for any length of time, you may wish to continue to follow some sort of routine every day. We know the children often enjoy playing register time or story time, so you could begin and end every morning and afternoon with 'register time' at the start and 'rhyme time' at the end of the morning and 'story time' at the end of the afternoon. It may be that you take the grown-up's role, but more likely your child would enjoy doing that for an audience of you, any siblings, teddies and dolls and maybe even pets. The children are all very good at remembering the register time routine, and can be very strict about it too! It is always the same, and runs as follows:

Register time

- Reminder: Good Sitting (crossed legged or with legs out in front)
Good listening
Good looking
- Three deep breaths: Put your hands on your tummy
Close your eyes (you may need to peek at this point - we do!)
Breathe out slowly as you count to five
Breathe in slowly
Repeat three times
- Call the register: Now we're ready to call the register. Children like to tick off names on a sheet of paper. Depending on their stage, they may tell you names of their friends to 'read', 'write' names themselves, or just pretend.
- Counting: Hold up your hands, wiggle your fingers and get ready - count to 10, holding up one finger at a time as you say the number name, then back down to zero.
- Wind the bobbin up: Traditional action song, with a little change of words - '**up** to the ceiling, **down** to the floor, **across** to the window, **behind** to the door' - to help learn positional language
- Days of the week: (to the tune of The Addams Family theme song)
'Days of the week [slap, slap*], days of the week [slap, slap*], days of the week, days of the week, days of the week [slap, slap*].
There's Sunday and there's Monday, there's Tuesday and there's Wednesday, there's Thursday and there's Friday, and then there's Saturday.
'Days of the week [slap, slap*], days of the week [slap, slap*], days of the week, days of the week, days of the week [slap, slap*].
*means slapping your hands on your thighs!

IDEAS FROM ALI

We're all going to take turns thinking of different ideas. If you have any you would like to share, please let us know.

This isn't a check list - different children will prefer to do different things, but we just thought it would be helpful to have ideas. You may be able to adapt some for older or younger children too.

- Find things you can see, hear, touch or smell.
- Let's think colours: collect 5 things that are eg, yellow, and see who can find them the fastest. Use them to play hide and seek.
- Parachutes: use a floaty scarf or a sheet, float it high, low, quickly, slowly, pop a teddy on top and bounce him high.
- Patterns: collect twigs, grass, leaves or stones and arrange as a pattern or see if you can make a picture from them.
- Make a shaker: collect an old plastic bottle or cardboard tube with a lid, half fill with buttons or beads and make a band.
- Tubes: post different types of balls/marbles in tubes, drainpipes, guttering or cardboard tubes, experiment how to make the balls move slowly/quickly.
- Skittles: half fill plastic bottles with water and arrange in a triangle shape, roll a ball toward them and see how many you can knock down, perhaps keep a tally, great for using our addition skills.
- Make wooden spoon people, puppets or peg people - you could create a mini show, great for communication skills.
- Feely bags/ treasure baskets or boxes: you can fill them with anything, get the children to pop in their hand and describe how they feel, suggest what it could be without peeking.
- Encourage movement to music and singing, just pop on some music and have a dance, great for physical health but also mental health, you could even make a drum kit, upturned pans and wooden spoons, thinking about rhythm.
- If possible and on warmer days, go barefoot, it helps children strengthen their feet and lower legs, increases agility and mobility, connect to the earth and encourages joy and freedom...one for the adults too?
- Challenge the children to spot 2D and 3D shapes and items in our homes, such as circles, round, balls, clocks, plates etc.
- Make a miniature garden on a plate, be creative! You could include, pools, beaches, pebbles, sand, grass, little people, encourage chats about textures/ describing words.
- Make a dolls house/ rocket with a box, there are so many possibilities with a box, scissors and a bit of glue! Get creative!