



EYFS

## 5 activities a day

Ideas for things to do at home  
with your child.

*Choose 5 activities you would like  
to do at home with your child each  
day.*

Take a photo of yourself reading a book in an usual place (on the trampoline, in a tree).	Make an obstacle course in the garden and see how fast you can complete it.	Make a rainbow out of recycled boxes.	Go for a walk and see how many signs of spring you can find.	Draw or paint a flower.
Count how many stairs are in your house. Write the numbers (on paper) and put them on the stairs.	On cards make passwords or numbers to go through a door, say the word/number before entering a room.	Build a den under a table.	Mix paint colours together and paint a picture of your house.	Use some vegetables and make some Super Heroes.
Plant the seeds of some fruit, measure how tall the plant grows.	Read a story to your teddies.	Set up a 'look out' count how many different types of birds you can see.	Pick a word (my, me, I, he, she, the, into, her, was) how many times can you find it in a book?	Use an old box to make a fish tank. Make some underwater sea creatures to put in it.
Write some rainbow words. Use a different colour for every letter.	Play 'Simon' Says.	Trace your body with chalk outside and label parts of your body.	Practice zipping up your coat.	Change the words to your favourite nursery rhyme.
Write numbers on the floor, how fast can you find and sit on the number.	Learn to skip with or without a skipping rope.	Mix flour and water (just a little bit) in a baking tray and practice writing some letters.	Pick a family member and style their hair (do not use scissors).	Make play-doe. (Google, easy play-doe recipe).