



EYFS - Grid 4

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.

Write a card or letter to someone you don't live with.	Visit the local post box and post your letter.	Write the numbers 1 to 10 on small pieces of paper. Muddle them up and try to put them in the right order. (You could draw the number of dots on them too)	Save some of the cartons and food boxes and build a house with them.	With supervision, use a camera to take some photos of your favourite toys.
Build a den in the garden or in your living room if it's a rainy day.	Find out what food you need on the next food shop and make a list to help.	Design a healthy lunch for you and your family to enjoy.	Can you help to pair all of the socks from the washing?	Make your bed every morning without being asked.
Practice throwing a ball between you and a family member as you count from 0-20. Can you count backwards as you do it?	Talk with a family member about all the different emotions you can have. Can you draw a picture for each one?	Find Andy's Wild workouts on YouTube or iplayer and exercise when you wake up.	Download the Aquafresh app and practice brushing your teeth for two minutes to the music.	Draw a picture of your favourite animal and label its parts.
Talk about the minibeasts that you might find in your garden. Record how many you find.	Learn a new dance or song with your family.	Go on a colour hunt. Can you find an object of every colour? How many did you find altogether?	Cut out different shapes and make a picture with them.	Use bricks, twigs, grass and cardboard to make a bug hotel in your garden.
Take a look at some old family photos. Talk about	Read a story that you haven't read for a while or make one up!	See if you can use books or the internet to find out more about your favourite animal.	Go on a shape hunt. What 2d and 3d shapes can you find?	Ask your parents/ carers to tell you about what they did when they were your age.



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who you can see and what was happening in the photo.				
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