



EYFS - Grid 6

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.

Draw a picture/write about your favourite lock down memory so far.	Write numbers 1 to 10 (20) on pieces of paper. Find that many objects of something around the house (12 pieces of pasta, put by the number 12). Do this for all the numbers.	Go for a walk in the rain (with wellies on). Find the biggest puddle and jump up and down in it 10 times. Send a picture of you jumping into school.	On a computer or tablet, type your name.	Make a ramp(s) with boxes or bits of wood. How far can a toy car go? Does it go farther on different ramps?
Put some paint or oil and food colouring into a zip lock sandwich bag. Make sure it is sealed properly. Practice writing your name or words.	Get some biscuits (6,7,8) and 3 plates. Can you share them evenly? What happens if you can't?	Do a puzzle.	Practice doing the buttons up on your school shirts.	Find a flower in the garden. Sketch it and see if you can label it (petal, stem, leaves, roots).
Learn a new nursery rhyme (I'm a little tea pot, Pop goes the Weasel). Put some actions to it.	How many books can you and a grownup read in the week? Keep a list of the ones you have read.	Draw or write about your favourite part of one of the stories.	Plant some seeds and watch your plant grow (it might take a long time). Draw the plant as it grows new parts.	Watch a bird. What does it do? Can you find out what birds like to eat?
Make a small world. Use boxes, blocks, paper to create a world for small dolls, teddies or figures.	Draw or write a story about your small world.	Make your own phone. Ask an adult to cut holes in the bottom of yogurt pots. Attach a string to both cups and talk to each other.	Make a circuit of 3 stations. A jumping, running and stretching station. Get your whole family to keep fit.	Create a picture with fruit. Help an adult to cut up some fruit and arrange it in a picture. Eat and enjoy!
Guess what it is. Describe an object to a family member. Give 3 clues and see if they can guess what it is.	Act out a story to your family. Can they guess what story it is?	Find 10 objects around the house. Have someone hide one (or 2), can you remember what is missing?	Cut some shapes out and in half. Mix them up and see if you can find the matching halves.	Draw or write about what you are missing most about school. We all miss the children.