



EYFS - Grid 7

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.

How many items in your house can you find that have a number on them? Draw pictures or make a list.	Video call a friend to find out what they have been doing.	Practise writing tricky words and have a grown-up or sibling test you. (<i>I, to, the, no, go, into, he, she, we, me, be, you was, my, are, her, all, they</i>) Challenge: can you write them in a sentence?	Use little blocks or pasta shapes to measure the length of your hand. Find something that is longer or shorter.	Scientist want to understand the world around us. Ask 5 WHY or WHAT questions to learn about something in nature. Challenge: use the internet or books to find the answers.
Learn something new (e.g. a new language, how to ride your bike, how to cook, how to type on the computer...) or improve on something you can already do.	Make up a ball game. Write the rules and equipment you need. Play it with your family. Be creative!	Engineers solve problems to improve our lives. Can you invent something to improve your life? Draw a picture and label it. What will it be called? What is its purpose?	Listen to a podcast (search online for the puffin podcasts) or an audio book. (E.g. www.worldofdavidwalliams.com/elevenses/)	Choose a book with pictures in. Don't read it though! Make up your own story using just the pictures. You could write it down or just tell it to a family member.
Create a music video. Sing dance and have fun.	Bake something! Make a list of the ingredients that you need.	Draw a picture of your garden and colour it in.	Try some yoga moves. (Look online if you don't know any)	Write a description of your best friend. Draw them.
Design a zip line for a small doll or teddy. Test it out. You could use skipping ropes and clothes pegs.	Do some jobs around the house to help out. Keep a list of what you do.	How many squares can you find in your house? What about triangles? Rectangles? Circles? Hexagons?	Practise counting forwards and backwards to and from 20. Can you count in 2's or 5's?	Read to an adult. Then check they were listening by asking them some questions about the book.
Move around the house or garden like different animals. How many different ways can you find to move? (jump like a frog, slither like a snake, gallop like a horse...)	Go on a scavenger hunt outside. Can you find something for each letter of the alphabet? Write them down or draw pictures so you don't miss any.	Watch your favourite TV programme. Write down 5 reasons why you like it. Challenge: Try to persuade someone else to watch it – write a persuasion.	Write a review of one of your breakfast cereals. What is good about? What could be better? Would you recommend it to a friend?	How many tricky words can you find in your reading book? Make a list of them.



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