

Learning at Home

Just like at North Islington Nursery School, learning at home should be FUN and involve lots of PLAY.

This leaflet will hopefully provide you with some ideas of resources and activities that you might like to provide at home

Babies and young children

Sharing stories, singing and talking about stories helps your child's development in many ways: -

To listen and understand words, stimulate their imagination and curiosity, learn about the world around them and to become familiar with sounds, words, language and print.

I'm sure at home your child has many favorites that you have to read countless times but what else could you do with some of those stories other than read them?

Bring a favorite story or rhyme to life

Babies and Toddlers

A simple song like Old Mc Donald or the story Dear Zoo could come to life if you have the same or similar small world animals at home. Use them as you sing or read.

Older children

You could make a story box theatre.



You will need: -

A favorite story with few and simple characters e.g. 3 Little Pigs, Goldilocks & the 3 Bears or Red Riding Hood.

A shoe box or a box with a lid.

Paper, card, pens, lolly or any type of stick and any other craft bits you may have around.

Draw/create/photocopy/print the main characters from the story.

Cut them out and attach them sticks.

Decorate the inside of the box so it becomes a forest or a house

Retell the story using the puppets and put on a show.



If you don't want to create a particular story you could cut out characters from a magazine/catalogue like Spiderman, Paw Patrol or Elsa, create a background and make up your own stories.

OR... (the babies will have fun with this too)



Put a large opened out cardboard box, sheet of paper or roll of old wall paper onto the floor with some favorite toys, blocks and create a story world/map with them.

As you make up a story (or retell one that is familiar) for or with your child you can draw roads, buildings, woods, a castle, the list is endless so let your imaginations run free.....

More storytelling fun

Choose a seat at home that becomes your "storytelling chair" which is where you and/or your child sits to tell a story.



You could even make a story tellers hat that you wear when you tell a story.



Some websites for fun and inspiration

<https://www.facebook.com/LittleMusicalVoyage>

<https://www.zerotothree.org/resources/1833-read-early-and-often>

And of course, CBeebies is another place to find stories and information about reading

<https://www.bbc.co.uk/cbeebies/grownups/making-time-for-books-at-home>

Looking after ourselves and our children's mental health during this time.

In the last few weeks, our lives have changed a lot. We were at work, nursery with our friends and colleagues and suddenly we were all asked to stay at home.

It is easy to feel overwhelmed by the day to day events and it is understandable and normal for your child to feel unsettled or anxious too.

Here are some activities/ideas that you could try: -

Hang a page of feeling faces on the fridge or bedroom door (you can draw simple emotion faces if you don't have a printer) and ask them to point to how they feel.



Create a calming space somewhere in your home and make it part of your day to go there to calm down, relax, rest. You could play some soft calming music, have a squishy toy, favorite cuddly toy there to help them to relax.

Model deep breathing throughout the day "I'm going to take a deep breath". You could use bubble blowing, candles or a balloon to help.

Breathe and sigh

Breathe in through your nose.

Make a big sigh and drop your shoulders downwards as you breathe out through your mouth.

Repeat 4 times

Let feelings be feelings and acknowledge how they may be feeling "I can see that you are sad" and allow them to express things if they can.

Try this simple story massage together....

If you teach your child how to do it then they could do it back to you too!

The weather massage

Once upon a time, there was a big yellow sun
 With one hand on the shoulder, take the other hand and make a circle clockwise back+
 that warms the whole world
 Make the rays of the Sun with your whole hand

But some clouds started to appear...
 Small circles with your fingertips

And then comes the wind!
 Sway your hands from side to side

The wind blows harder and harder
 Strike with hands from side to side

Then comes the lightning and the thunder!
 Karate chop actions

And it started to rain
 Gentle Pitter Patter movements with fingertips

And it rained and it poured!
 Stroke down from shoulders to base of the spine

The rain made big splashy puddles
 With your hands flat on the back, make big hand prints

Then it began to snow! Everything was white and beautiful
 Make a picking movement with your fingers like you were picking snow from the child's back

Then there was fog and all is still
 Hands flat and still on your child's shoulders

Until the Sun came out again
 Slowly take away your hands

themomentsfamily.com

I know that not everyone is able to or has access to go outside very much at the moment but being active, even

going for a quick walk can help us feel better.

Ways to be active indoors

You can play this game anywhere and can be a fun way to connect with your child. Books with pictures of animals can spark ideas for your child.

Guess the animal

1. Ask your child to choose an animal.
2. Ask your child to think about the way the animal moves. Look at pictures in a book together, if your child isn't sure.
3. Encourage your child to move like the animal he has chosen.
4. Try and guess what the animal is.
5. Take turns to move like different animals. You could crawl like a spider, hop like a hare, slither like a snake, or gallop like a horse.
6. Ask each other questions to help you guess. For example, 'What noise does it make?', 'What does it eat?', 'Is it fast or slow?', 'Is it little or big?' or 'Do I like it?'

Adapting a guess, the animal game for children of different ages

If your **younger child** doesn't want to stop pretending to be the animal when it's your turn, that's OK. Just follow her lead, and join in. Maybe you can both be slithery snakes or jumping bunnies.



Your **older child** might enjoy trying to 'trick' you with obscure or very specific animals, like an armadillo or a clown fish. If the game is going on too long, you can try setting a limit on the number of questions you can ask before the other person has to tell you the answer.

Yoga

There are some great websites for children. Give these a try: -

<https://yogawithadriene.com/yoga-for-kids/>

<https://www.cosmickids.com>

Other useful websites: -

[https://copingskillsforkids.com/
calming-anxiety](https://copingskillsforkids.com/calming-anxiety)

[https://www.place2be.org.uk/o
ur-services/parents-and-
carers/coronavirus-wellbeing-
activity-ideas-for-families/](https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/)

[https://www.specialneedsjungl
e.com/](https://www.specialneedsjungle.com/)

**Take care and look after
yourselves. **