


Explorers

Activity	What could I say or do to help learning?	What will they be learning?
<p style="text-align: center;">Tidying up time</p> <p>Children to be encouraged to put the toys away that they have been playing with.</p>	<ul style="list-style-type: none"> Some children benefit from a tidy up song as a cue to tidy up (https://www.youtube.com/watch?v=oY-H2WGThc8) Check with your child's class teacher as some children can find this distracting. Is the box full yet? Make it into a game, how many can you put in the box/tray/cupboard? 	<ul style="list-style-type: none"> Maths - following your daily routine Maths - full and empty. Maths - developing an understanding of number when counting items Maths - developing an understanding of time if you use a timer. Managing feelings and behaviour - following boundaries Communication - understanding of simple instructions
<p style="text-align: center;">Timings of the day/ daily routine -</p> <p>Children to be encouraged to learn about their daily routine.</p>	<ul style="list-style-type: none"> Can children feed themselves with help? With a spoon? Fork? Or independently? What do we need? Can children explore items they need for that part of their day? Ie toothbrush before brushing their teeth, nappy before going to the toilet, bowl and spoon before breakfast. Can children choose from a choice of two items for what they need as part of that routine or activity? 	<ul style="list-style-type: none"> Maths - developing an understanding of time (now, next) Managing feelings and behaviour - following boundaries and routines Communication - understanding objects Fine motor and physical health and wellbeing - eating skills and independence skills
<p style="text-align: center;">Dressing -</p> <p>This could be in the morning, going outside or for bed.</p>	<ul style="list-style-type: none"> If children do not want to wear something ie a jumper but its cold, could they have a choice from two? Can children take off their own shoes? Or socks? 	<ul style="list-style-type: none"> Physical health and wellbeing - Dressing/undressing and independence skills

	<ul style="list-style-type: none"> • Can they pull up their sock once it is on? Can they put their foot in their shoe once opened? Can they do up the Velcro? • Can they put their arm into a sleeve as you hold it open for them? • Can they pull up their trousers/tights? • Can they put on their own trousers if placed in front of them the correct way? 	
<p style="text-align: center;">Toileting -</p> <p style="text-align: center;">This may be children who are still in nappies/pull ups or just learning to use the toilet</p>	<ul style="list-style-type: none"> • Are children happy to be changed? • Will they change in the bathroom area? • Can they lift up their bottom to help? • Do they interact with you as you change them? • Do they help with any of the changing? • Are children showing any awareness that they need changing? (you can talk to your child's class teacher about a toileting strip to help them develop their awareness) 	<ul style="list-style-type: none"> • Physical health and wellbeing - toileting skills and independence skills
<p style="text-align: center;">Daily exercise -</p> <p>Children can learn about what they need to wear, Keeping safe outside and the importance of exercise.</p>	<ul style="list-style-type: none"> • See the dressing section. • Whilst outside exercising, can you encourage the children to explore their senses? What can the children smell? Hear? See? You may need to model this for them, "I can hear a car" " I can smell the sea". 	<ul style="list-style-type: none"> • Physical health and wellbeing - independence skills and gross motor skills •

	<ul style="list-style-type: none"> Supporting children to keep safe – this may be learning to hold hands, wear their supportive back pack or independently climb into their buggy. Adults can model what you need to do to keep safe when crossing the road ie “stop, look, listen”. https://www.youtube.com/watch?v=odL77zH42Vs https://www.youtube.com/watch?v=pl4Ye4Ez00 	
<p style="text-align: center;">Cooking</p> <p>This could be making breakfast / lunch/ dinner/ cakes/ topic related.</p>	<p>breakfast, lunch, or dinner:</p> <ul style="list-style-type: none"> Support children to wash their hands, some may like to do this independently, others may need some help. If making breakfast, lunch or dinner and children like certain foods, could you show them a choice of two? They could explore the food as they help make it, ie bread, cereal, vegetables. Can they help you butter the bread? (this may be independently or hand over hand) Can they help you pour the milk ? (this may be independently or hand over hand) <p>Cakes or other topic related cooking:</p> <ul style="list-style-type: none"> Support children to wash their hands, some may like to do this independently, others may need some help. They could explore the food as they help make it, ie the flour, butter, sugar (this may be in a bowl or tray) what do they feel/smell/taste like? Children may be able to follow instructions to add/mix/stir/spoon items. 	<ul style="list-style-type: none"> Maths - measuring and time Science - changing of materials Communication - following instructions and answering questions. Fine motor - mixing and pouring, cutting

	<ul style="list-style-type: none">• Once cooked, can they explore them? Do they smell good? Look good? Taste good?	
Laying the table at mealtimes	<ul style="list-style-type: none">• Exploring items needed around meal times such as plate, spoon, bowl, cup, table, chair.• Explore counting each object out with you, based on the number of people at the table ie counting plates as you place them, 1,2,3.... This could be repeated with each item.	<ul style="list-style-type: none">• Maths - Number