Spring Term – Pre-school - Help at Home sheet

Here are some ideas for how you can help me grow and learn at home. Please do as many of these as often as you can with me.

Help me to recognise and name my emotions. When I am smiling you could say "I think you are happy because you are smiling".

Talk to me about good days and bad days; about how our emotions change and that what we are feeling might not be what someone else is feeling.

When I am playing with my train set, doll house or cars make up a story with me. This could start with "Oh no! A giant teddy bear is in the way, what shall we do?"
Help me to form my own ideas about how the story will end and encourage me to use storytelling language
'first, and, then, next, after'

Work with me to make an exciting obstacle course.

Challenge me to climb over, under, around and through. Perhaps use cushions on the floor for me to jump across like stepping stones. Can I complete the course in reverse? Or backwards? (If safe to do so).

Encourage me to experiment with different textures by giving me a bowl and spoon. Provide a variety of products for me to explore and mix such as: water, washing up liquid, shaving foam, custard powder, toothpaste or flour.
Describe textures to help me notice changes; liquid, thick, lumpy, sticky.

Count from 0 – 10 with me and back again. Can I 'blast off' at the end like a rocket once I have reached zero?

Count different objects with me and ask me at the end of counting how many I have in total. Can I remember how many objects there are? I might need to count again.

Help me to recognise my name and begin to copy letters from my name.
Use a capital letter for the first letter and then lower-case letters thereafter.

Write the names of family members on pieces of paper and hide them around the home for me to find.

Take me for a spring walk and help me to look around and notice how the world is changing.

Teach me to recognise blossom, spring flowers, birds and insects. Help me to listen carefully to birds singing and other sounds of spring.

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