

# Working Together to Extend your Child's Learning at Home

As we work in partnership with parents/carers we ask that you continue to enhance your child's learning and development at home over the coming weeks through sharing and exploring with some or all of the following activities which you can enjoy together:

Items added to YouTube -

[Auntie Rachel meets Lola the Listening Leopard](#)

[Auntie Jen reads The Terrible Plop](#)

Activities to do:

- ☀️ Read your child the Terrible Plop story or follow the above link to see Auntie Jen reading the story.
- ☀️ The rabbit in the story is very scared of what the terrible plop might be. Talk to your child about some of the things that they may be scared of and how you could help them to overcome their fears. Continue to help your child to give their own emotions names.
- ☀️ Over the next few weeks support your child to self-regulate their emotions by encouraging them to name the emotions that they are feeling, ensuring that they understand that it is ok to have the feelings and that you understand why they are feeling them, for example: 'I understand that you are upset because you wanted to stay at the park. You've had such a good time playing here. I feel sad too that we have to go but now we need to eat and it is time to go now so that we can have dinner. We can come to the park again soon and you'll be able to have fun here again.' You can also help them to calm down by using a variety of strategies, some are shown on the following link but there are many more on YouTube:

#### [4 calming strategies for your child](#)

- ☀ Fill up a large container with water or just use your kitchen sink and a chair for your child to stand on. Equip your child with a variety of different sized plastic containers and jugs. Encourage your child to experiment with filling and emptying the containers. Whilst they are playing, comment on the size of the container that they are using, if it is full or empty and use vocabulary wet, dry, empty, tip, scoop whilst they explore.



- ☀ In the story there are a variety of wild or jungle animals. Using some toy animals set up a jungle scene to re-enact the story. Whilst they play use the commenting approach (see below link) to talk about what they are doing. Talk about the animals and what they might eat or the noise they might make. Continue to try to carry out the commenting approach with your child for approximately 10 minutes daily.

#### [An introduction to using the commenting approach with your child](#)



☀ Follow the recipe below to make some peppermint play dough with your child. Encourage them to use their hands to explore the qualities of the dough. Can they press it, bang it, squeeze it, roll it, pat it or use tools to cut out shapes? Chat to your child, encouraging them to talk about what their sense of touch and smell are experiencing as they play.



## Peppermint Playdough

You need :

- \* Hot water
- \* 2 cups plain flour
- \* 2tbsp vegetable oil
- \* 1/2 cup salt
- \* 2tbsp cream of tartar
- \* Few drops peppermint essence
- \* Green food colouring



Add the dry ingredients together and then stir in the oil. Add the essence and the food colouring.

Very slowly add hot water until it resembles dough.

Knead the dough until it is smooth and soft.



Below are some useful links that you may wish to browse to find other ideas for activities!

- ❖ [Better Health Start for Life - tips on helping your child to talk](#)
  - ❖ [Activities for babies, toddlers and children - BBC Tiny Happy People](#)
  - ❖ [Family Zone | National Literacy Trust](#)
  - ❖ [Black Country Early Outcomes | Activities for under 5s](#)
- [Activities for kids: Fun development and bonding ideas for babies, toddlers and pre-school children](#)