

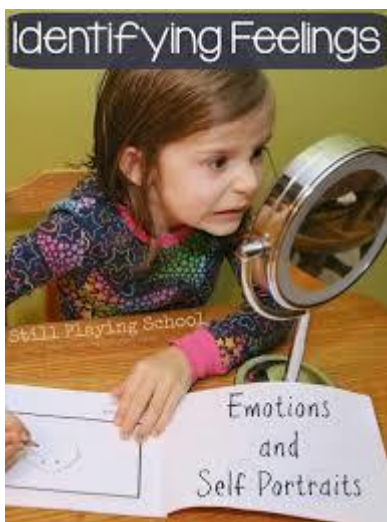
LEARNING AT HOME

Personal, Social and Emotional Activities



Activity 1 - Playing simple turn taking games, if you don't have any games you can turn take with anything, such as a jigsaw, colouring, helping to tidy up, even down to singing a song. You sing a song then give your child a turn to sing their favourite song.

Activity 2 - All you need is either some paper plates or paper sheets cut into circular shapes and a pen. Simply make a selection of different emotions, cut them in half and see if your child can use the emotions to explain how they are feeling. Talk about what makes you/them feel happy/sad/angry/tired/scared.



Activity 3- Drawing your emotions. Give your child a piece of paper, a pencil and have a mirror visible so they use it to look at. Can your child show you different emotions using their face? While they are doing this ask them to look into the mirror at their face and ask them if they can draw their face on the paper.

Activity 4. Take a selection of your child's clothes for all weathers including accessories like hats, gloves and shoes. Can your child name the items of clothing and can they tell you which pieces of clothing they should wear in certain weathers?

Extend this activity by asking your child to try and dress themselves. Can they put their own coat on and try to do the zip? Do they understand how to put gloves on making sure each finger is in the correct place?



Activity 5 - Encourage your child to help carry out small tasks around the house, e.g. can they help tidy up, can they find you a certain object? Use this opportunity to also include maths. Can you find me 2 cups? Can you find me a big brick and a small brick? Can they help you to prepare dinner/ snack safely?