

Pick and Mix Activity – Prima Areas of learning

<p><u>Blindfolded walk</u> Use a scarf as a blindfold, and let your child explore being blindfolded before you set off on a walk. Pop the blindfold on your child one they are ready and holding their hand, take a short walk outside in your garden. What do they notice? What can they hear? Give them some directions: we're stepping up now or we are going around a tree. If your child is less confident about being blindfolded, you could do this inside, and you could wear the blindfold and they give you direction for you swap. Key skills – Listening and attention</p>	<p><u>Sensory tray</u> You can use a tray, a washing up bowl, or small table for this activity, and you will need some smaller containers. Collect things with different textures into the small containers: water, oats, bits of sticky tape, playdough (or a homemade mix of water and flour), bit of ribbon or soft fabric, a bit of sand paper. Put the small containers on the tray/table and explore them with your child. It might get a bit messy! Use lots of language – rough, smooth, sticky, gloopy, soft, hard. And use facial expressions to show surprise and excitement. Key skills - speaking</p>	<p><u>How low can you go?</u> Do the limbo dance. You'll need a longish stick – maybe a broom handle or a long stick of some sort. You can have a person hold it or place it on 2 chairs. Make sure you can change the height of the stick, adding a new level of challenge as the bar lowers. Show your child how to bend back and waddle under the stick (you could look at pictures or you tube videos of people doing the limbo - always pre watch the video before showing it to your child). Add more challenge by saying that no hands or knees can touch the ground. Play some funky music to add some rhythm and get everyone in the house joining in! Key skills – gross motor skills</p>
<p><u>Making a sandwich</u> Get your child involved I some simple food preparation they can do themselves. Let them choose the filling. Talk about which piece will be the bottom, which will be the top piece. Let them spread the filling with a safe knife. Talk about which shape they would like to cut it into? Use cookie cutters or knife to cut it up. Support your child at each step BUT let them do the making. Key skills – fine motor</p>	<p><u>Using tools</u> Knowing how to use different tools safely will help your child to be more independent. 'Tools' can mean lots of things and you can choose what's appropriate to practise with your child depending on their stage of development. Here are some ideas: Scooping with a spoon Chopping with a knife Using hammer Using a whisk Using a cookie cutter Cutting with scissors etc.... Show them how to use a tool in a safe wat, how to walk with it, where to put it when they have finished. Help them understand why it is important to keep themselves and others safe. Notice when they are feeling more confident with the tool and take a step back and observe. Talk with them about why a tool is useful for all the things it can do – you cannot cut paper with a spoon and you cannot eat yogurt with scissors! Key skills: Managing self</p>	<p><u>Warmer colder</u> This is a great game for supporting listening and following instructions. Start by choosing something to hide – a soft toy would work well. Show your child what they will be looking for, and then making sure they are not peeking, hide the toy somewhere. Explain that when they get near the hiding place you will say 'warmer/hotter/sizzling' depending on how close they are and when they are way off you will say 'freezing, icy, cold' (the hotter the word the nearer they are – vary the language to support their language development. Key skills: Listening, attention and understanding</p>

I can challenges

<u>Challenge</u>	<u>Tick</u>
I can put on my coat	
I can zip up my coat	
I can get undressed independently <small>(please use the school uniform to try this challenge with)</small>	
I can get dressed independently <small>(please use the school uniform to try this challenge with)</small>	
I can do my buttons	
I can draw a detailed person	