

This is your child's Getting Ready to Learn bag. This is for your child to keep at home and you will never need to bring it back to school.

The bag contains various items to promote learning and development and information sheets to provide examples of activities. More information about your child's development and home learning can be found on our website:

<https://www.victorianursery.org.uk/home-learning/>.

**Reading** to your child everyday can help establish a good bedtime routine. Spending 10 minutes a day reading together helps your child's social and emotional skills and strengthens their bond with you. EBooks and audio books available [www.librariesni.org.uk](http://www.librariesni.org.uk)



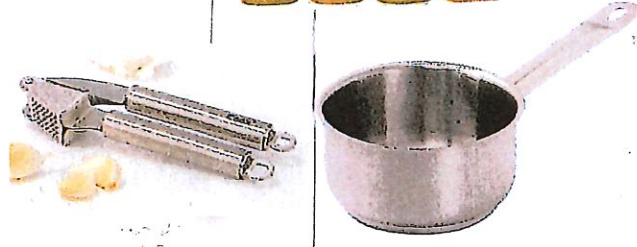
**Threading** is a great activity to help children develop fine motor skills essential for being able to draw, write, do up buttons, tie shoelaces, open lunch boxes and more. Threading also helps to develop eye-hand coordination and concentration skills.



Play dough can help your child to develop their fine motor skills as well as giving them lots of sensory exploration, you can have hours of fun together!

Use scissors to snip it, use a roller/tin of beans to roll it out, roll a snake or ball between 2 hands, push pasta into the dough, hide 'treasure' in the dough, use cookie cutters to make shapes in the dough.

Using play dough is also a really calming activity, children can work their stress out through their hands by pulling squeezing the dough.



**The metal pot** and **garlic press** can be used with the dough to support the development of your child's fine motor skills. They can use their imagination to make food for the pot and spaghetti with the garlic press! Children can roll out the dough & use scissors to cut the dough.

Get crafty... let your imagination flow and encourage your child to be creative. Make pictures and cards for family, cut, stick or paint together. All you need is some old newspapers to work on and some blank paper and let their imagination sparkle and shine!

**Jigsaws** can help your child to develop their fine motor skills and support visual discrimination. Children who have developed fine motor skills tend to find it easier to write, draw and learn to play instruments. Through grasping pieces and matching jigsaw pieces together, children also improve their spatial awareness and hand-eye coordination.





## What is Getting Ready to Learn?

The Getting Ready to Learn (GRTL) programme supports pre-school education settings with DE-funded places to **encourage and develop parental involvement** in children's early learning.

Getting Ready to Learn focuses on raising parents awareness of how they can support children's learning at home throughout the pre-school year.

Usually, settings host a range of fun and interactive parent workshops, stay and play sessions, and story time with parents & children! However, due to COVID 19 programme delivery will be different this year.

## Home Learning Packs

The home learning pack that you are receiving will be part of the 2020-21 GRTL programme. This pack is designed to support you and your child to engage in lots of fun learning experiences at home. Staff in the setting will share ideas and activities to complete using the home learning pack but this might be completed online via videos rather than parent workshops in the setting.

Settings develop ideas and activities for parents around **four key themes:**



Ages & Stages  
(3-4 Years)



Big Bedtime Read



Education Works  
in Pre-school



Happy Healthy  
Kids



You can find information about each theme on the next page, or by visiting the GRTL website

<https://www.gettingreadytolearn.co.uk>



## Ages & Stages (3-4 Years)



**Ages & Stages** focuses on raising awareness of **developmental milestones** for 3-4 year olds, supporting you as parents to celebrate your child's achievements and identify the next steps in their learning journey.

## Big Bedtime Read



**Big Bedtime Read** focuses on raising awareness of the importance of **reading to children**. It includes information on **establishing good bedtime routines** and on looking for opportunities throughout the day to engage your child in early reading experiences.

## Education Works in Pre-School



**Education Works in Pre-School** focuses on increasing your understanding of the **pre-school curriculum** and the **importance of play**. You will learn about a wide range of stimulating activities that take place in pre-school and are designed to develop specific skills.

## Happy Healthy Kids



**Happy Healthy Kids** focuses on raising awareness of the importance of **physical activity**. All pre-school settings work hard to promote children's physical development. It is important for your child's health, but also for their **emotional well-being** and **intellectual development**.

Check out the 'Parent' tab on the Getting Ready to Learn website for more information.

It also includes useful resources, information about family services and activities for you to try at home!

<https://www.gettingreadytolearn.co.uk/parents/>

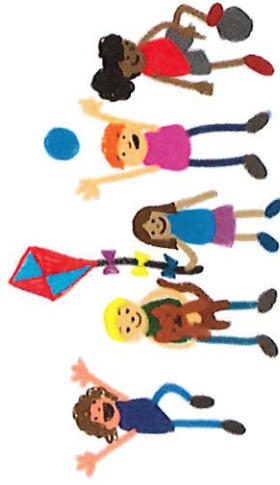


# Happy Healthy Kids

## 20 Activities For 20 Days!

Physical activities are so important for our health and emotional well-being.

Have a look and see how many you can do!



<p><b>1. Yoga</b></p> <p>Try cosmic yoga for kids on YouTube...a fun way for the whole family to relax!</p>	<p><b>2. Bear-Bag Challenge</b></p> <p>How many bean bags/rolled up socks can you throw in a hoop, in a bucket or target?</p> <p>Balance a bean bag on your head &amp; have a race</p>	<p><b>3. Finger Gym</b></p> <p>Thread pasta onto a shoelace Use tweezers to pick up pasta Push / Pull Lego bricks together</p> <p>Or get creative and finger paint!</p>	<p><b>4. Family Games</b></p> <p>Stuck in the Mud Skipping Hula hoops Races / Tag</p> <p>All the family can join in!</p>	<p><b>5. Hide'n'Seek</b></p> <p>Family fun for everyone! Hide indoors or outdoors... Take turns to count and hide around the house</p>
<p><b>6. Family Bake Off!</b></p> <p>There are lots of simple recipes for kids online. Baking helps children learn lots of basic skills and sparks creativity!</p>	<p><b>7. Listening Walks</b></p> <p>Give the children a list of things to listen out for, birds, wind, dogs, cars etc. When you come back, get them to draw what they heard.</p>	<p><b>8. Bubbles!</b></p> <p>Make some bubble mixture and homemade wands from straws, playdough cutters or wire hangers.</p>	<p><b>9. Magic Dens</b></p> <p>Use blankets, towels, sheets, chairs and a sprinkle of imagination to create a magical hideaway!</p>	<p><b>10. Play-Doh</b></p> <p>Rolling, pushing, pulling, squeezing dough will help develop fine motor skills &amp; strengthen hand muscles</p>
<p><b>11. Parachutes</b></p> <p>Use an old sheet as a parachute—there are a lot of ideas for parachutes games online. Great family fun for everyone!</p>	<p><b>12. Chalk'n'Walk</b></p> <p>Take chalk for walk outside, chalk wavy, curly, zig zag lines, thick and thin lines to create an outdoor masterpiece</p>	<p><b>13. Brilliant Ball Skills</b></p> <p>Throw and catch ball. How many times can you bounce the ball? Can you throw the ball into a bucket? Or try catching a balloon?</p>	<p><b>14. Obstacles</b></p> <p>Set up mini obstacle courses at home to encourage children to move in different ways using different body parts</p>	<p><b>15. Sand Tray</b></p> <p>Pour sand/flour into a tray or baking tin...make shapes in the sand with your fingers, hide small toys in the sand for children to find.</p>
<p><b>16. Camping</b></p> <p>Include a homemade fort, camping snacks, make a pretend camp fire, tell stories around the camp fire etc</p>	<p><b>17. ...&amp; Relax!</b></p> <p>Set up a calm corner, listen to children's meditation or calming music, practice breathing techniques</p>	<p><b>18. Wonderful Walks</b></p> <p>Indoors or outdoors walk forwards, backwards, sideways, small steps then giant steps, fast &amp; slow steps</p>	<p><b>19. Animal Moves</b></p> <p>Use your body to pretend to be different animals e.g. slither like a snake, flutter like a butterfly, bounce around like a kangaroo</p>	<p><b>20. Dance Party</b></p> <p>Close the curtains, turn on the music and dance, play musical statues or have a living room dance competition!</p>

### Useful Resources

Balls, Hoops, Skipping Ropes, Pasta, Laces, Playdough, Sand/Flour, Blankets & Sheets, Chalk, Bubbles, Music





# Education Works in Pre-School

## 20 Activities For 20 Days!

Learning through play is very important for pre-schoolers and will help give them the skills they need to succeed in school and future life.

Have a look and see how many you can do!

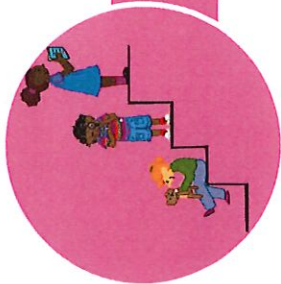


## Useful Resources

- Balls , Hoops, Skipping Ropes, Pasta, Laces, Playdough, Sand/Flour, Blankets & Sheets, Chalk, Bubbles, Music



<p><b>1. Play-Doh</b></p> <ul style="list-style-type: none"> <li>• 250g Plain flour</li> <li>• 50g Salt</li> <li>• 140ml Water (warm)</li> <li>• 1-2 tsp veg. oil</li> <li>• Food colouring</li> </ul> <p>Mix dry ingredients. Add water oil, and food colouring. Knead until smooth. Keep in fridge in plastic bag.</p>	<p><b>2. Jigsaws</b></p> <p>Make your own jigsaw out of old pictures/photos.</p> <p>Glue onto card &amp; cut into large jigsaw style pieces.</p>	<p><b>3. Spot the Difference</b></p> <ul style="list-style-type: none"> <li>• Close your eyes</li> <li>• Change 1 thing—take off a sock, put your jumper back to front etc, - get them to 'spot the difference!'</li> <li>• Vary by using the whole room &amp; props!</li> </ul>	<p><b>4. Treasure Hunt</b></p> <p>Draw clues on paper and hide the clues around the house for child to follow to the prize / treat.</p>	<p><b>5. Gloop</b></p> <ul style="list-style-type: none"> <li>• Cornflour</li> <li>• Food colouring</li> </ul> <p>Mix 2pts cornflour, 1pt water. Add food colouring.</p> <p>Child can explore the gloop – how it feels &amp; moves.</p>
<p><b>6. What If...?</b></p> <p>Our house was made of cheese, you could fly, you are an Eskimo, cats were as big as elephants?</p>	<p><b>7. Number Time</b></p> <p>Cut eggs from paper &amp; write numbers (1-5) on eggs. Kids crack them by punching/cutting the correct number.</p>	<p><b>8. Bubbles</b></p> <ul style="list-style-type: none"> <li>• Plate</li> <li>• Straws</li> <li>• Washing Up liquid</li> </ul> <p>Mix gently. Put straw into suds &amp; blow.</p>	<p><b>9. Stone Stories</b></p> <p>Add stickers or drawings to stones/blocks.</p> <p>Help your child make stories using the stones/blocks.</p>	<p><b>10. Mini-City</b></p> <p>Build a miniature city using boxes, sticks &amp; twigs, pasta, pulses, beans</p> <p>You can even include your own street!</p>
<p><b>11. Hairdressers</b></p> <ul style="list-style-type: none"> <li>• Toilet Roll Tubes</li> <li>• Scissors</li> </ul> <p>Draw faces on a toilet roll tube &amp; use scissors to create their own hairstyles. You can even make hair using wool, string, tissue paper!</p>	<p><b>12. Story Time</b></p> <p>Spot people passing &amp; make up stories.</p> <p>Lady has a monkey in her pram, escaped from zoo. What mischief has it caused!</p>	<p><b>13. Building Blocks</b></p> <p>Use Lego/Duplo/Blocks</p> <p>Help them measure toys – how many pieces long, get them to guess. Language – tall, short, wide etc</p>	<p><b>14. Water Play</b></p> <ul style="list-style-type: none"> <li>• Toys/Containers/Jugs</li> <li>• Whisk</li> <li>• Washing Up liquid</li> </ul> <p>Fill sink/bowl with water, jugs and containers. Use whisk and washing up liquid will make great bubbles!</p>	<p><b>15. Hunts</b></p> <p>Hide Toys Around the House and go on a hunt together.</p> <p>Give child clues—warm, if close, cold if moving away.</p>
<p><b>16. Sharks!</b></p> <p>Line cushions up &amp; get child to walk along them - balance.</p> <p>Move pillows and play sharks—get across rooms without being eaten!</p>	<p><b>17. Camping Fun</b></p> <p>Go camping have an indoor picnic, spread out rug.</p> <p>Later use rug to make tent, add torches/blankets/cushions.</p>	<p><b>18. Dance Time</b></p> <p>Play action songs to the children such as Hokey Pokey, Head and Shoulders, I'm a Little Teapot, Shake your Sillyies Out.</p>	<p><b>19. Let's Pretend...</b></p> <p>Encourage pretend /dramatic play.</p> <p>Play 'Post Office' (junk mail, boxes, large bag for letter and box for post box) or have a birthday for toys/pets.</p>	<p><b>20. Pet Shops</b></p> <p>Play 'Pet Shop'</p> <p>Big cage under table for big animals. Set up shop with real food /toys etc; restaurant with cups &amp; plates....</p>



# Ages & Stages (3-4)

<p><b>1. Memory Game</b></p> <p>Gather 3 or 4 items &amp; place on tray. Allow child to study &amp; then cover. How many can they remember? Add more items</p>	<p><b>2. Positive Thinking</b></p> <p>Set up a 'post box' - a shoebox would be ideal!</p> <p>Write positive notes to post and read back.</p> <p>This reinforces good behaviour and boosts confidence!</p>	<p><b>3. Kinetic Sand (ratio 5:3:1)</b> use a small container—5 parts sand, 3 parts cornflour and 1 part oil. Beach sand or play sand can be used. Add containers and toys to make play more stimulating.</p>	<p><b>4. Mime Time</b></p> <p>Act out activities and let them guess what you are doing:</p> <p>E.g drinking milk, lifting a heavy weight, walking through wind/ water, putting on clothes, etc..</p>	<p><b>5. Developing Independence</b></p> <p>by helping set the table, cleaning rooms by putting toys away, picking out their own clothes, helping prepare breakfast or lunch, helping get their bath ready.</p>
<p><b>6. Sensory Box -</b></p> <ul style="list-style-type: none"> <li>• Old shoebox (or any box with a lid)</li> </ul> <p>Cut a hole in the lid (or cover the top) and get them to feel and guess what's inside!</p>	<p><b>7 Fun Sensory Play</b></p> <p>Dye rice and pasta by filling container with large cup of rice or pasta add a teaspoon of vinegar, then food colouring, place lid and shake. Spread out to dry. Add dinosaurs, animals, mini-figures, sea creatures etc.</p>	<p><b>8. Freeze!</b></p> <p>Musical Statues —play music, when the music stops, they have to freeze until the music plays again. Freeze like animals —tall as giraffe, small as mouse, roar like tiger as wide as an elephant.</p>	<p><b>9. Cold As Ice</b></p> <p>Balloons, mini dinosaurs/birds/reptiles.</p> <p>Put toy inside balloon, then fill with water to egg size, tie and pop in freezer. Remove when frozen, balloon will peel away. Game—how to get dinosaurs out of ice?</p>	<p><b>10. Balance Beams</b></p> <ul style="list-style-type: none"> <li>• Masking Tape</li> </ul> <p>Put masking tape on floor— walk forwards, backwards, or on tiptoes. Make shapes with tape, play music instruct them to run to shape when music stops.</p>
<p><b>11. It's A Small World</b></p> <p>Use items such as rice/lentils/ coffee beans and scrap items in a tray to enhance imaginative play. Add vehicles and people for a worksite, or a fairy forest, farm with animals etc.</p>	<p><b>12. What's That Sound?</b></p> <p>Record sounds clock ticking, telephone ringing, hairdryer, footsteps. Play back to child and get them to guess</p>	<p><b>13. Make Your Own</b></p> <p>Make a range of play sets with your child using cardboard boxes. Back wall will be scenery—for farms—sky/ clouds/fence; space dark with stars etc, cities—big skyscrapers. Add stones etc</p>	<p><b>14. Helicopters</b></p> <p>Play helicopters—arms out and spin fast for 15 secs then STOP and stay still for 25 secs. REPEAT!</p>	<p><b>15. Fine Motor Skills</b></p> <p>2 plates, coloured paper straws, play dough and matchsticks. Cut paper straws into 3, stick matchsticks into play dough. Child to thread straws over the matchsticks.</p>
<p><b>16. Name Game</b></p> <p>How many can you name game from a category —things to drink, zoo animals, dinosaurs, things that can fly...</p>	<p><b>17. Shape Binoculars</b></p> <p>6 toilet rolls - leave 2 round, bend 2 into triangles &amp; 2 square. Child holds 2 eyes like binoculars and goes on a shape hunt. When collected, sort and talk about corners, edges etc</p>	<p><b>18. Bits &amp; Pieces</b></p> <p>Get pictures from magazines/books, computer—cover and reveal object bit by bit. They have to guess what the picture is before the last part is revealed!</p>	<p><b>19. Discovery Bottle</b></p> <p>Collect small item/toys from around the house and then place in a clear bottle with lid, tape it shut. Get children to find items by giving clues or sounds.</p>	<p><b>20. Oops!</b></p> <p>The Deliberate Mistake Game - child has to guess mistake. Give them a plate for cereal, pour juice with lid on, a fork for their soup etc</p>

## 20 Activities For 20 Days!

This list of activities will give you and your child a number of options for play based learning opportunities.

Have a look and see how many you can do!



## Useful Resources

Household Items Including  
Pasta, Rice, Food  
Colouring, Balloons,  
Masking Tape, Straws,  
Cardboard Boxes, Paints  
And Paper.





# Big Bedtime Read

## 20 Activities For 20 Days!

Spending 10mins a day reading together helps your child's social & emotional skills and strengthens their bond with you.

Have a look see how many you can do!



<p><b>1. Reading Corner</b></p> <p>Set up a reading corner in a quiet area at home with cushions, soft blankets and cuddle up together to share stories.</p>	<p><b>2. Bedtime Routine</b></p> <p>Set aside time today to plan bedtime routines for the next few weeks e.g. bath, supper, brush teeth, story and then bed.</p>	<p><b>3. Rhyme Time</b></p> <p>Sing Nursery Rhymes together and get your child/ren to act out each one.</p>	<p><b>4. Making Faces</b></p> <p>When reading today, have fun making animal noises or sound effects to bring the story to life and make each other laugh!</p>	<p><b>5. Simon Says</b></p> <p>Copy the actions or movements of the animals or characters from your favourite story book</p>
<p><b>6. Home Theatre</b></p> <p>Set up a mini theatre at home and encourage all the family to recreate your favourite story and dress up as characters</p>	<p><b>7. Art Attack!</b></p> <p>Using junk materials (card, paper, cotton wool, lollipop sticks etc) make characters/scene from a book or nursery rhyme.</p>	<p><b>8. Puppets</b></p> <p>Make some puppets using socks, toilet/kitchen roll holders or a wooden spoon to act out rhymes or stories</p>	<p><b>9. Bear Hunt</b></p> <p>Go on a bear hunt around the house, use the 5 senses to help act out the story. There are lots of ideas online to help.</p>	<p><b>10. Create a Story</b></p> <p>Cut out pictures from old magazines or catalogues to encourage them to make up their own stories.</p>
<p><b>11. Children's Choice</b></p> <p>Give your child the opportunity to take the lead and choose the book /story to share today</p>	<p><b>12. I Spy...</b></p> <p>When reading a story ask your child to look out for or spy different items, animals etc in the book</p>	<p><b>13. Music Maker</b></p> <p>Use kitchen utensils or household items to make sound effects for nursery rhymes or songs</p>	<p><b>14. Look Around</b></p> <p>...for opportunities to read throughout the day, labels, cards, posters, newspapers, magazines and share with your child</p>	<p><b>15. Race against the clock</b></p> <p>Using a timer challenge your child to brush their teeth for 2 minutes morning and night!</p>
<p><b>16. Make your own...</b></p> <p>Involve brother and sisters to make their own books , use photos or draw pictures and get creative !</p>	<p><b>17. Pyjama Party</b></p> <p>Before bedtime get all the family into their pyjama's, have some hot chocolate and share some books!</p>	<p><b>18. Parachute games</b></p> <p>Using an old sheet as a parachute and get all the family involved...move the parachute in time to nursery songs &amp; following the actions</p>	<p><b>19. Bedtime Routines</b></p> <p>Try some of these ideas, milky drink, relaxing music, no screen time before bed, kids yoga</p>	<p><b>20. Read, read, read</b></p> <p>It is ok to read the same books over and over, children enjoy repetition and familiar books are comforting!</p>

### Libraries NI

As all libraries are currently closed, check out [www.librariesni.org.uk](http://www.librariesni.org.uk) for information on eBooks and audiobooks

