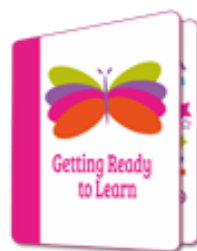




**BALLYMONEY
NURSERY SCHOOL**

Ballymoney Nursery School

Getting Ready to Learn Home learning pack ideas





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“Happy Healthy Kids”

Home learning pack 2020-21



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Contents

- Jumbo tweezers
- Pompoms
- Beanbag
- Ball
- Hoop
- Animal counters
- Jumbo magnifying glass
- Dough
- Scrapbook
- Rolling pin
- Glue
- Lollipop sticks
- Feathers
- Crayons
- Tissue
- Scissors
- Pipe cleaners





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Fine Motor Skills Activity



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Tweezer activities

Aim -Develop hand strength and co-ordination. Develop postural control.

Contents:- tweezers, pom poms

- Using the tweezers lift some of the pompoms and move them from the bag and put them into a yogurt pot or another container.
- Find items in the house that you could lift using the tweezers.
- Lift an item at one side of your body and move it to the other side of your body - this will help use both sides of your brain!
- Try lying on your tummy and lean on your elbows to use the tweezers, this will help your postural control!

If your child's hand is shaky, their strength can be developed through finger games such as number rhymes, holding up a given number of fingers at speed.



Tweezers



Pom Poms



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Mathematics Activity



Animal counters

Aim - Recognise different colours and be able to sort and match.

Contents:- Animal counters

- Ask your child to set out the counters. Watch how they organise them e.g. by colour, by animal or making a picture
- Discuss the colours with your child and ask them if they can put all the 'red' animals together and then choose a different colour.
- Discuss the animals with your child, their names, the sound they make and where you might find them e.g. a cow on a farm and a duck in a pond.
- Practise counting with the counters. You can model this with your child by counting them as they take them out or count the number of orange, green etc there are. If your child is able to count, ask them if they can count how many are in each group.
- If you wanted to find out which hand was your child's dominant hand. Place the animals in front of the child's midline (in front of their belly button). Ask them to place their hands flat on the table and then ask them to pick up the animals. Observe what hand they use most to do this!





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Gross Motor Skills Activity



Throwing and catching

Aim - Develop hand eye co-ordination skills as well as physical skills which require the whole body to move.

Contents: -1 hula hoop, 1 beanbag, 1 ball

- Practise moving and balancing the items on your head -which is the easiest/hardest? How fast can you move without dropping it?
- Can you hula hoop? Have fun trying! You could practise jumping into and out of the hoop!
- Use the hoop as a target on the ground throw your items into it. As your aim improves, you can move further away from the hoop.
- Now ask a partner to hold the hoop up in the air and try and throw your items through it. As your aim improves, your partner can move further away with the hoop.
- Next time, you could try and do this by using a laundry basket or bucket!
- Try balancing the bean bag on your head and walk in a straight line, then in a zigzag line. Can you crawl on the floor with the beanbag on your back?





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Fine Motor Skills / Curiosity Activity

Exploring

Aim - Develop curiosity as well as fine motor skills

Contents: -1 jumbo magnifying glass, 1 jumbo tweezers

- Pretend to be explorers and use the magnifying glass to look for mini-beasts in the garden! Remember to look under rocks and stones!
- Ask an adult to put some pasta, rice, soil, cereal etc into a tray/ container and hide objects for you to find with your magnifying glass. You could use your tweezers to lift the objects out of the tray/container!
- If you visit a beach or a park, remember to take your magnifying glass and see what you can find!





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Fine motor skills and creativity Activity

Craft activity

Aim - Develop your child's creativity and imagination. Develop and strengthen hand muscles which will improve fine motor skills.

Contents:- glue, scissors, lollipop sticks, feathers, tissue paper, pipe cleaners, crayons or pencils, scrap book

- Give your child the craft resources and let them create what they wish to. This helps develop their imagination and creativity.
- They may need your support to use the glue or the scissors.
- Let your child attempt to take the lid off the glue as this develops their wrist and finger strength.
- When using scissors children will snip paper before they are able to cut across the paper. You can help support your child by holding the paper for them when they are snipping/cutting and reminding them what fingers to put in the holes.





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Fine Motor Skills Activity



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Dough and Scissors

Aim - Develop and strengthen hand muscles which will improve fine motor skills. Pincer grip will also further develop (the squeezing of pointer finger and thumb to grasp an object).

Contents:- dough, rolling pin, scissors

- Roll the dough in your hand and squish it.
- Use both hands to stretch the dough out as long as you can.
- Use the rolling pin to roll out the dough and use your hand to flatten the dough and make a shape.
- Push your fingers into the dough.

- Roll the dough to make some thick and then some thin sausages.
- Use the scissors to cut your sausages into pieces.
- How many pieces have you got?

