

Activities Pack:
Rising threes and Pre School
Ideas for home learning



Activity one:

Listening and attention is an important part of early years and mindfulness activities can teach these valuable skills. Every day at nursery, we incorporate some relaxation into the children's daily routines, usually after meal times. This might involve reading a story, focusing on breathing or yoga. As well as helping get listening and concentration, these activities can help the children to become more aware of their bodies and feelings, helping to improve wellbeing and help your child to become more confident and positive. It would be fantastic if you could continue this at home. Here are some activities to get you started.

Mindfulness Breathing

Children can stand or sit for this activity.

Ask the children to put both hands on their belly.

Children should close their eyes, or look down to their hands.

Guide children in taking three slow deep breaths in and out to see if they can feel their hands being moved.

You may like to count "1, 2, 3" for each breath in and "1, 2, 3" for each breath out, pausing slightly at the end of each exhale.

Encourage children to think about how the breath feels, answering the following questions:

- What is moving your hands? Is it the air filling your lungs?
- Can you feel the air moving in through your nose?
- Can you feel it moving out through your nose?
- Does the air feel a little colder on the way in and warmer on the way out?
- Can you hear your breath?
- What does it sound like?

EYFS LINKS

EYFS links:

Health and self care

Observe the effect of activity on the body.

Managing feelings and behaviour

Aware of own feelings

Self confidence and self awareness

Can talk about self in positive terms

Listening and attention

Is able to follow directions

Mindfulness eating

Use a raisin or something else with an interesting texture.

First, get the children to hold the raisin, noticing how it feels.

Then look carefully at it in their fingers/palm.

Move on to smelling the raisin, breathing in deeply through the nose.

Now put the raisin in your mouth and feel the texture before chewing it.

Swallow the raisin and notice how it feels in your throat.

Can you follow it all the way down into your tummy?

Volcano pose



Firstly, find a non-slip mat or carpeted area where you can both do the pose. Make sure you both have enough room around you to avoid bumps and knocks.

Take off your socks and shoes. With bare feet, you will be unlikely to slip and will be able to do the pose more accurately. This is because we rely on sensory information passed up through the soles of feet to help us balance.

Start volcano pose both curled up on your mats or the carpet, with your heads facing each other and tucked under your hands. Imagine that you are both sleeping volcanoes.

To make the pose more mindful, encourage your child to think about their breathing and how their body is feeling whilst they are curled up and still.

Does your body feel 'small', 'cosy', 'squeezed' or 'warm'?

Then 1, 2, 3, whoosh! The volcanoes erupt! Guide your child to breathe out, and make a whooshing noise whilst they come up onto their knees and spread their arms out wide to either side.

In this active position, encourage your child to think about how their breath and body feels. Can you feel where your fingers are? Can you take big, deep breaths?

Then the volcano quietens. Encourage your child to curl up to be a sleeping volcano again. Once again, guide your child to think about how their body feels in this curled position.

Does it feel quieter, softer?

Repeat volcano pose a few times with your child.

Activity Two

Shape walk

Shapes are all around us and at nursery, we often ask the children to explore the environment around them, looking for objects that are also simple shapes like “a clock is a circle”. Here is an activity that only involves a pencil, paper and sharp eyes.

Divide a piece of paper into four sections using a pencil. Draw one of the following shapes in each section: square, rectangle, triangle and circle. You could ask your child to draw the shapes for you or to colour the shapes in.

Now you are ready to go for a shape walk! Ask your child to see if they can spot the different shapes around them in your home. You might want to give a few examples to start with.

Every time a shape is spotted, ask your child to put a line in the corresponding box.

Once you have visited every room, count



Circle



Triangle



Rectangle



Square



Star



Hexagon



Heart

how many lines are in each section. How many shapes did you manage to find?

EYFS LINKS

EYFS links:

Numbers

Recites numbers in order to 10

Shows an interest in representing numbers

Shape, space and measure

Shows awareness of similarities of shapes in the environment

Beginning to use mathematical names for shapes

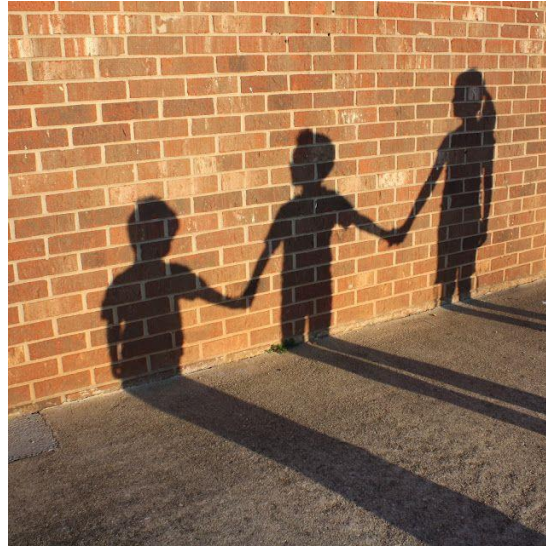
Moving and handling

Imitates drawing simple shapes such as circles and lines

Activity three

Shadows

With the arrival of spring, the sun will (hopefully) be shining more and more. Sunny days are fantastic for looking at shadows. With pre-schoolers, you do not have to get too detailed about the science of shadows, of course. Shadows are all around us, so you can point to any solid object that is creating a shadow, to help them notice what is going on.



Moving shadows

Exploring shadows is a great way to keep active outside. First, have your child explore and look at their own shadow. Ask them questions about the shape, size and movement of their shadow including why their shadow follows them! Then, play some fun shadow games below:

Call out different shapes and try to make them with your shadows. Ask the child to make the letters of their names using a shadow. You could take a photo of each slotted and then print them out so your child can see their whole name as a shadow.

Call out different movements like standing on one foot, reaching up high and walking on all fours like an animal.

Shadow tracing

Shadows exaggerate shapes and this can make for a fun drawing activity. Shadow tracing is very simple; you simply create a shadow and put an object in front of it. You will need a pencil, paper and some toys. Dinosaurs and animals are particularly good for this activity.

Place some paper on the floor outside.

Help your child position the toy on the paper so that it creates a shadow.

Ask your child to draw around the shadow.

When they have finished, look at the outline together. Does it look like the toy?

Try this with different toys and different drawing materials like chalk, crayons and felt tips. Which toys has the most/best shadow?

EYFS LINKS

EYFS links:

Moving and handling

Holds pencil between two fingers and thumb

Shows control when using a pencil

Can stand on one foot when shown

Moves freely and in a range of ways

The world

Can talk about some things they have observed

Talks about why things happen