

# HOME LEARNING PACK

## "Planning a daily routine"

As much as we appreciate this time that we will be spending with our children at home during the coming weeks, we all are thinking about setting a routine during this unforeseen closure of the nursery and keeping continuity of learning for our children at home.

With popular demand, here are few tips to help you to set a routine at home:

1. Keep the routine flexible. However, you may choose to keep the care giving activities at set times for example mealtimes, sleep times and nappy changing times to give some structure to your day.
2. Make a visual timetable with pictures. Children usually respond well to it.
3. You may also choose to have set times for
  - a) Reading and singing nursery rhymes
  - b) Physical Activity - including dance and movement
4. Set up an area in their favourite room of the house with choice of 4-5 activities at a time (from the list below) on a shelf at their reach. They usually like to see you around. If you are working from home, then it would be a good idea to explain to them that this is your work time and so is theirs! They like to feel as important as you 😊
  - Art and Craft
  - Construction
  - puzzles
  - writing
  - Sensory Play (Play dough, water, wet sand: Mud kitchen, cornflour, coloured rice...)
  - Dressing up/role play
  - Playing with numbers and letter games
  - ICT: (Matching, sorting, counting, naming, phonics...games)
  - Science experiments: Sinking and floating/ magnets/ volcano/ experiments with air

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5. *At other times Involve them in helping around at home.*
- *Sweeping and mopping*
  - *Cleaning the windows*
  - *Watering the plants*
  - *Dish washing*
  - *Helping with the laundry – bringing things to the laundry basket, putting clothes in and out of the washing machine, adding soap, sorting washing*
  - *Helping with breakfast – have a container with a scoop in it for them to serve their own cereal; add a small jug of milk on the breakfast table; setting the table*
  - *Helping with lunch – have a small number of items where the child can serve themselves, for example, some slices of bread or rice crackers with various toppings or spread; the child may wish to help wash up*
  - *Helping with dinner – preparing vegetables (look for implements suitable for small hands) and salad; setting the table; washing up*

#### ***Important Tip to remember:***

*Focus on the process not the result – when your child helps it will take longer, it may not look perfect at the end, but your child is learning to master these skills and you will have a life-long helper at home*