

WEEK 3

What can you hear? - shhh.

You're going to see how many different sounds you can hear. Sit very quietly with your child for a few seconds (longer if they are able to). As you hear noises, acknowledge them using facial expressions - surprise, a smile, a nod. Stop listening. Can you name the sounds you heard? How many did you hear? Were they loud or quiet sounds?

Hide and Seek -

play this simple game with your child in whatever space you have. Swap hider and seeker roles. Involve older siblings. For children at an earlier stage of development, play peek-a-boo behind hands or a cushion. If you and your remote relatives have a mobile device, get them to hide a toy for your child to find 'virtually' (lots of talk will happen here) or play peek-a-boo through the screen.

You choose -

throughout the day try to find ways to give your child a choice about things. Keep it to 2 options - 'this, or this: For example: would you like to wear the red T shirt or the blue one? Would you like an apple or a banana? Shall we watch Peppa Pig or Paw Patrol? Children at an earlier stage of development can point to their preference, or you can extend the experience by asking them why they made that choice.

Cosy place - its

going to be hard to find quiet spaces to calm down or just be when everyone is at home. Try to make a space with your child - a blanket or sheet over some string like a tent, under a table, a corner of the room. Add cushions, some books or pens and paper. They could choose a special toy to be there too. Encourage them to come here for some peace and quiet during the day. Remember to use this as a positive place.

Indoor obstacle

course - this doesn't need much space and won't be permanent! Lay cushions on the floor as stepping stones, put tape or string in a straight line on the floor as a tight rope for balancing, a chair for going under/over, use the table as a tunnel (you could put a blanket over it). Keep it simple for an earlier stage of development, or extend it by timing your child. Always check things are safe!

Fingers and thumbs -

collect some small objects (keep safety in mind with small things and a container. Challenge your child to pick the objects up using only their forefinger and thumb - like a tweezer or pincer - and put them in the container without dropping them. You can extend this by trying it with chopsticks if you have some, or use 2 pencils as your chopsticks.

Dressing up -

collect some hats, scarves, other family member's clothes and shoes, bits of fabric. You and your child can put things on and be a different person! Model using a funny voice for your new character. Who are they? What's their name? What do they do? This creates opportunities for lots of talk. Extend this activity by making up a little story for your child to 'act out' about their character: "Mr Smelly Socks went for a walk. On the way he met Teddy. They saw birds high in the sky. Mr Smelly Socks climbed a tree, but got scared at the top..."

A day in the life of Teddy (or dinosaur/rabbit/doll) -

ask your child to choose a toy to look after for the day. Teddy will need help getting up, having a meal, playing with their 'friends; going to bed. Your child will be showing their understanding of these daily events as they roleplay them. You can support this by modelling it for your child, or you can extend it by taking photos of the different things Teddy does and looking back over them with your child using language like first, next, then, after that.

This week's activities for you to try at home with your child are about the Areas of Learning - **Personal, Social and Emotional Development, Physical Development and Communication and Language**. They are designed to be done with whatever you have in your home and include ways you can adapt them for different stages of development. Remember children learn through repetition, so you can do all these again and again over time.

