

Physical development

Practise dressing and undressing by offering lots of dressing up clothes and role play.

Make a dressing board with poppers, buttons, buckles and zips.

Can your child manage their toileting routine themselves?

Make this fun with a reward chart for every time they do to help encourage this very important skill.

Enjoy some packed lunch meals in the back garden, this will help them to open and close their own lunch boxes and manage the items and packaging inside. Planning on hot school meals? Encourage your child to use a knife and fork and to cut their own food at meal times.

Set up obstacle courses so that your child can practise their gross motor skills and move with awareness of the space around them. Why not make a game of putting their shoes and coats on, how quickly can they do it?

Expressive arts and designs

Encourage the children to name their own pictures and pieces of art. You could help them by writing it first and they can copy over the top.

Make a junk model of their school or class room and pop some small-world figures into them.

Use the small-world figures to create "first day at school" stories and listen to the narrative the children give their play. It will give you an insight in to how they might be feeling about the transition.

Understanding the world

Set up a role play area "school". Offer paper and pens, small tables and chairs, books, teddies to become children. The children can take turns to be the students or the teacher.

Look at books about starting school.

Talk about their family. Do they have siblings or cousins at school? What things do they do there?

Create a family tree to see where they are in their world. Maybe draw their home, colour the door the same as the door at home, write the number on the front.

Literacy

Books: *Starting School* by Janet & Allan Ahlberg. *Starting school* - Usborne sticker book. *Lucy and Tom go to School* by Shirley Hughes.

Practise tracing over pictures and words such as our own names. Paint over chalked names on the patio or practise writing it in sand using a stick or their finger.

Make place mats with their name on to help them recognise their own name in the environment.

Introduce a daily circle time/ story time. Start with 5 minutes and build this up to 10 minutes over the summer . This will help them to focus while sitting for short periods.

Look at picture books together and ask your child to tell you a story about what is happening in the book.

Supporting School Readiness



Mathematics

Lots of number rhymes.

Go on a number hunt around the house. Offer your child a number bingo board to mark off each number they find with a pen or sticker.

Play board games that involve dice and number recognition.

Provide lots of play with tape measures, rulers, dominos, playing cards and other numerical items. Stacking dolls, cars, trains or Barbie's are a fun way to introduce sequencing and encourage size language.

Encourage your child to help count the knives and forks when setting the table for mealtimes.

Communication and Language

Make up some fun games that involve following a small set of instructions. This will encourage listening skills, processing information and following instruction.

Play some fun games to help develop communication and language skills.

Look for objects around you and clap the syllables as you say them. This will help children to break down word sounds.

Play "I Spy!" and "Simon says"

Enjoy lots of conversations together. Mealtimes are good for this as you can be all together and can build on conversation and listening skills in a relaxed and natural way.

Personal social and emotional development

Play board games together to encourage turn taking and sharing.

Lots of love and cuddles!

Make a starting school book together. Draw pictures of things that you might do, people you might see, games you might play.

How will you get there? Walk, scooter, bus?

What would you like to eat in your lunch box or for your school dinner?

Give your child the time and space to talk through any worries or fears.

Make a list of things that make us good friends, such as helping each other asking them to join in your games.

Physical development

Enjoy some packed lunch picnics out at the park, this will help them to open and close their own lunch boxes and manage the items and packaging inside.

Lots of play on the park equipment will help with your child's gross motor skills. Can they climb up the slide independently? Is your child able to keep the swing going by using their legs when you stop pushing them? Are they able to balance on a low wall whilst out on a walk?

Encourage your child to carry a small rucksack with them when you go to the shops or the park, this will help encourage independence and will help when they have to do it every day for school. Pop their water bottle or a snack in their rucksack for them to look after.

Mathematics

Go on a number hunt out in the street, on the way to the park or whilst in town. Can they spot the numbers on the houses or buses? How many steps challenges; Get your child to estimate how many steps it will take them to get from one point to another, get them to count their steps whilst walking it and see if they were right or close to their estimation?

Understanding the world

Walk around the local area and past our school, maybe practise walking the route they will take when they start school. Look at the roles different people have in the community.

Supporting School Readiness



Expressive arts and designs

Collect twigs, leaves, other natural resources when you go on a walk, can your child create something out of it and explain to you what they have created? Can you create a picture of their school using these? Encourage your child to talk about starting school and their ideas and thoughts on it.

Literacy

When out use sticks to write your names in the sand or mud.

Can your child recognise the name of their street on the sign?

Are they able to recognise any shop signs or logos?

Can they talk about the letter shapes they see when out and about?

Communication and Language

When at the shops, ask them to find an item from your list and then ask them to tell you two things about the item. Its colour, shape, what is it used for?

Play "I Spy!" and "Simon says"

Lie on the grass and close your eyes. Take turns to say one thing that you can hear.

Personal social and emotional development

Trips to the park, play dates and other social activities to mix with others.

Talk to family and friends who are older and are already at school.

Encourage your child to invite others into their play and take turns.