

The Chiltern School

Cognition and Learning – Semi Formal Phase 2

Below are a variety of home learning ideas. These have been organised in line with our school curriculum and strategies we use at school to aid routines and structure. At school we embrace the phrases ‘learning through fun’ and ‘learning through doing’. Therefore the majority of these learning ideas are ‘hands on activities’.

Creating a home learning environment:

Create Routines – Our children thrive on routine. Consider keeping their regular bedtime and morning routines, sitting down for lunch at the same time as they do at school, and writing out a daily schedule so that they know the plan for the day. Keeping these small things consistent can help our children to feel regulated, calm and make a potentially scary situation feel much more predictable. An idea of a daily schedule can be seen below:

 Before 9:00	 Wake Up	 Breakfast / Get dressed	 12:30-1:00	 Lunch	 Eat Lunch
 9:00-10:00	 Well being	 Garden Play / Yoga	 1:00-1:30	 Physical Development	 Garden play / TV / Reading
 10:00-11:00	 English	 English film read from school	 1:30-2:30	 Personal Independence	 cleaning, hoovering
 11:00-12:00	 Creativity	 Ideas from school	 2:30-3:30	 Maths	 Ideas from school

Schedule Playtime/Free time/ screen time/ interests– While home is often seen as a place to relax and have fun, scheduling play/downtime may help our children to feel like there is more of a routine. With an extended stay at home, it may help to touch on all of these activities. Scheduled time for their motivators allows for a child to predict when they will have a break to move their bodies and decompress.

Wellbeing

The Coronavirus is indeed causing worry and for our children some of their routines may be disrupted. School have already begun teaching children about the virus and ways they can keep well and safe these hygiene routines should continue at home. If appropriate give children some information regarding the virus and the UK, CCBC Newsround and CBeebies have created video clips and news articles for children to watch and read. In this pack is a social story that may ease some anxieties.

Encourage outside play where possible, in the garden, planting seeds and gardening. Facetime family and friends as appropriate.

Use mindfulness websites these encourage movement, energy and improve gross motor skills:

Smiling Mind: <https://www.smilingmind.com.au/>

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Cosmic Kids: cosmickids.com

GoNoodle: gonoodle.com

To encourage fine motor skills create playdough using a no cook recipe and do 'dough disco' a fun based finger movement activity which children enjoy. There are a variety of 'dough disco' themes that can be found on YouTube by entering 'Dough Disco' in the search bar.

Have a jigsaw station: "If you have old jigsaws, sticklebricks and Lego sets that the children haven't play with in a while, get them out and assign a table or area where they can be left out so your child can do a bit and then go back to them. This type of activity helps them to focus their concentration and not be disturbed by having to tidy up."

Lego Challenge:

Build Lego together:

30 Day LEGO Challenge							
Follow the instructions for each day. The only rule is to have fun and use your imagination!				Day 1 You were hired by an amusement park to create a new roller coaster.	Day 2 NASA needs you to build a new rocket.	Day 3 Your parents want to build a new home and they want you to build it.	Day 4 Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5 You enter a contest to build the world's tallest tower. Will you win?	Day 6 You are stuck on Mars and need to build a new ship to get home.	Day 7 Ford hires you to create the toughest pick up truck in the world.	Day 8 You and 4 friends are stranded on an island. Build a boat to find a way home.	Day 9 Captain Hook needs a new pirate ship and wants you to build it.	Day 10 You and your friends decide to build a tree house.	Day 11 Prince Charming hires you to build a castle for him & Cinderella.	
Day 12 Dr. Who hires you to build a new TARDIS.	Day 13 You are asked by the President to build a new monument to George Washington.	Day 14 Mr. Hilton hires you to build a new hotel.	Day 15 There is a circus in town. Build a place for the performance.	Day 16 Help your fellow pioneers build a wagon to make it across the country.	Day 17 Build the fastest car around and join the big car race.	Day 18 Do you wanna build a snowman? Get in the winter mood and build a snow scene.	
Day 19 The city wants you to build a bridge to connect one side of the town to the other.	Day 20 Pizza party! It is up to you to make a pizza for all the guests.	Day 21 You are hired to build a brand new hospital.	Day 22 The fence is broke and the dog keeps escaping. Build one he can't get out of.	Day 23 You are now in medieval times. You are commissioned to build a jousting arena.	Day 24 The local bank keeps getting robbed. Build a safe no one can crack.	Day 25 Design and build your dream bedroom.	
Day 26 You are elected ruler. Build a flag for your land.	Day 27 Aliens are invading and you need to build a war robot to defeat them.	Day 28 The aliens have taken over. They are impressed by your robot. They want you build one for them.	Day 29 You are hired to build a house entirely out of yellow Legos.	Day 30 There is blizzard. You will need to build a snowmobile		What was your favorite day?	

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English:

"Dig out books your child hasn't read for a while and put them in unusual places, such as on a pillow behind a door. Encourage children to show interest in books, read with them, ask questions regarding the story and characters.

Play rhyming games.

Make silly rhyming jokes, e.g. What do you call a smelly elephant? A smellyphant! What do you call an elephant watching TV? A tellyphant!

Play 'I spy' games, e.g. 'I spy something beginning with a...' using the letter sound when you are out and about. For help with letter sounds, take a look at our sound chart.

Memory games

Play 'Kim's game'. Put a few items on a tray (e.g. a crayon, an apple, a building brick, a toy car). Then look, cover, remember and check!

Talk about, photograph or write out some 'events' from something you have done together – can your child remember the correct order?

Go shopping – try to remember the list together!

Listening games

Play games such as 'Simon says' – party games are often good ways to practice speaking, listening and memory skills, without them even noticing!

Listen to music and talk about the instruments being played – find pictures on the internet together.

Listen to audiobooks – see videos for different stories that are being read online.

Hide and Seek games – hide magnetic letters around the house, find the letters and order them alphabetically. Find items within your home beginning with different letters from the alphabet.

Using scissors is a useful skill and is a great way to develop co-ordination, control and build strength. Many children find scissors tricky to master so they need lots of practice. Make paper chains together or ask them to find particular photos in magazines and catalogues (by colour or other categories) to cut out and then stick them into their own pictures.

Use language together – naming household items, learning about instructions, following adult direction completing tasks.

Maths:

Board games: - 'In Snakes and Ladders, for example, your child is counting all the time, working out how many places they need to move forward, what number they need to throw to get to the biggest ladder, and what to avoid so they don't slip down the snake.' Dice games also involve probability, with children figuring out how likely it is that they'll throw a six, or whether sixes come up less frequently than other numbers.

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Baking: Baking is a good way to help them become familiar with mathematical skills like weight and volume. Read the recipe, weighing the ingredients. Pouring more and less. It encourages thoughts about capacity, language and you have something to eat at the end too!

Volume and capacity: bottles of varying sizes and water of different amounts – pour the water into different bottles 'guessing' the capacity.

Counting rhymes, counting games.

Maths websites: topmarks.co.uk <https://www.bbc.co.uk/bitesize/primary>

Origami - Paper plates, paper hats, flowers and swans... Origami is a thoroughly satisfying low-tech activity for kids, and is also a good way to encourage an understanding of many maths skills. 'Paper folding involves making sense of, and using, precise instructions – a form of problem-solving – and also helps children to understand symmetry and 2D and 3D shapes.

Jelly Numbers– First, spread out some plastic numbers in jelly layers. When it's all set, give out some tongs to children and show them how to pick up the numbers from the wiggly substance (and practice their fine motor skills along the way!). This sensory play is a great way of sneaking in number recognition to something fun and engaging for the children.

Missing Numbers - Write number sequences on craft sticks and remember to leave some blanks in between. Next, you write the missing numbers on a bunch of clothes pins and give them to your child. Children use their fine motor skills and clip the pins on sticks. The best thing about this inexpensive early years maths activity is that you only create the props once and they're ready to be used as many times as you like.

Smack IT - Prepare some sticky notes with various numbers and place them in front of the children armed with fly swatters (or fish slices, wooden spoons!). The goal of this simple yet fun game is to identify the number on the dice and match it with the ones written on sticky notes before smacking the correct answer with a fly swatter!

Spinning Cups – This is a great, interactive activity for introducing simple equations. You just need to take a sharpie, write some numbers and mathematical symbols on the edges of styrofoam cups, and then stack them on each other in a logical order (e.g. $1 + 3 = 4$). Spin the different cups and create true equations!



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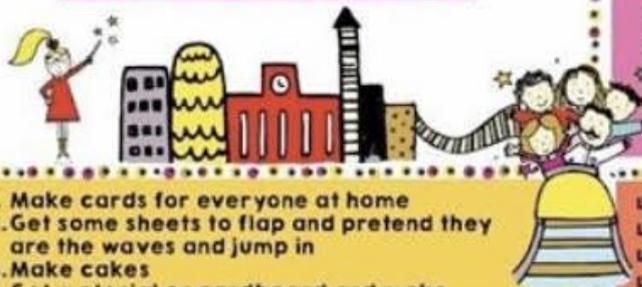
Creativity:

Give opportunities to use a variety of different materials and textures, paint, crayons, playdoh, clay, plasticine. Encourage modelling using different materials found at home.

Cbeebies Live Lessons with Pablo: <https://www.bbc.co.uk/teach/live-lessons/cbeebies-pablo-live-lesson/zn7ty9q>

100 Things to do indoors

www.spreadthehappiness.co.uk



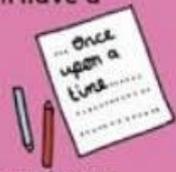
21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a crunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets



1. Make non-cook playdough, then have a Dough Disco
2. Paint 'our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga www.robertrivest.com
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mother Brown



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time



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Personal Independence:

Focus on independence skills, making basic foods, sandwiches, toast, making drinks, using home appliances such as microwaves, dishwashers and washing machines. Folding clothes – ironing where appropriate. Cleaning, hoovering, using a mop and bucket, work through a recipe for dinner together or clean surfaces around the house while explaining how to safely use different cleaning products. All of these experiences help a child to understand their future role as independent adults.

Practicing dressing and undressing skills, buttons, zips and shoe laces! Using cutlery, pouring drinks, setting the table for dinner.

Community and Environment:

Focusing on different job roles within society and public workers such as paramedics, Focusing on nature and visiting local parks, national trust sites are allowing free public access at present.

Use Google Maps to discover the community where children live 'virtually'.

Watch documentaries together about wildlife and oceans – national geographic for children and blue planet.

Physical Development:

Opportunities for playing games – 'Tag' 'stuck in the mud' 'bowling'. Riding bikes, scooters. Using balls for 'catch'.

Super movers: <https://www.bbc.co.uk/teach/super-movers/super-movers-day/zbmnnrd>

Useful Websites:

<https://www.bbc.co.uk/teach>

<https://www.twinkl.co.uk/> - currently offering free access for parents.

Websites and Apps:

<https://www.popsugar.co.uk/parenting/free-online-educational-resources-for-kids-47312329>