



Activities to do with your child before they start Reception

We know the beginning of school can feel a bit anxious for you and your child. These are also different times and the uncertainty of lockdowns may mean you might be worrying that your child won't be ready for Reception. Don't panic!

Here are some things you can do with your child at home over the coming weeks to help make sure they're just as ready to start Reception as they would otherwise have been.

We're not expecting you to become Reception teachers and we understand that not everyone will find the time to do all of these activities – that's fine. Try to fit them where possible into your daily routines. Whatever happens, we'll make sure that all children have the opportunity to catch up when they start.

If you have any questions about these activities, use our Facebook page to post any queries or e-mail the school and a member of the Reception team will get back to you.

Below is a list of suggested activities. We would love you to share pictures on our Facebook page so we can get to know the children and their families.

Developing Independence

- ✚ **Getting dressed independently every day** – practise closing buttons, putting on socks and shoes on the right feet, putting a coat on and zipping it up.
- ✚ **Going to the toilet and wiping their bottom on their own** – simple clothing like elasticated waistbands are easier to get on and off.
- ✚ **Cutting food using a real knife and fork.**
- ✚ **Tidying up their toys and doing simple household chores** – giving them responsibilities will help them to become more independent.
- ✚ **Helping them to recognise their name in writing** – create a coat peg at home with their name on it to help them get used to having something similar at school.



Nursery/ Pre-school Activities

- ✚ **Practise turn-taking activities** – such as playing with a toy or game.
- ✚ **Eating together** – get your child used to eating with others.
- ✚ **Playing together** – lots of learning in Reception happens through play. Get down onto the carpet so you're at their level and enjoy some play with your child. Follow their lead with what they're doing or how they're playing. Then, try to get them to follow your lead and also create games together.



Phonics

- ✚ At Hamstel we follow the Read Write Inc. scheme for phonics. Watch the following parent video to find out a little more:
<https://www.youtube.com/watch?v=bXOJUPNVnLc>
- ✚ **Recognise sounds and words in the environment. Help your child to hear the initial sounds in words** – e.g. look at that t-ree, first sound 't'.
- ✚ **Segment sounds in words orally while doing your usual routine** – e.g. get you c-oa-t on, where is your b-a-g
- ✚ **Play I spy but sound the word and see if your child can blend it** – e.g. I spy with my little eye a d-o-g.
- ✚ **Explore rhyming words**



Maths

- ✚ **Practise counting to 10.**
- ✚ **Practise counting different toys and objects.**
- ✚ **Look out for different numbers** – can your child tell you which number it is.
- ✚ **Shapes** – can you find circles, squares and triangles?

Explore the videos and games on CBeebies Numberblocks

<https://www.bbc.co.uk/cbeebies/shows/numberblocks>



Fine motor skills

- ✚ Thread pieces of pasta onto a piece of string.
- ✚ Make shapes and objects with playdough.
- ✚ Build towers with Duplo, Lego or cubes.
- ✚ Play jigsaw puzzles.
- ✚ Practise using scissors – cut lines into pieces of paper, cut along dotted lines, cut out different shapes.
- ✚ Colouring.
- ✚ Draw lines in different directions.
- ✚ Draw shapes – have a go at drawing circles, squares, triangles.
- ✚ Draw pictures and colour them in.



Routines

Routines and consistency help children to adapt and this will help ease the transition into Reception. About 4 weeks before the start of Reception, try to set a morning routine with your child. You can start with small steps and gradually add to the routine:

- ✚ Get up at the same time every day and have breakfast.
- ✚ Get dressed up in the school uniform and put on school shoes
- ✚ Look up the route to school and if it's walking distance try it out. Point to the school and tell your child they'll be going there soon.



Story time

Listening to stories is vitally important for children's vocabulary development. Read story books to your child as often as possible. Try getting into a routine of reading a story every night before bed.

There are also lots of great story time videos available on YouTube. Try Story Time with Nick:

<https://www.youtube.com/playlist?list=PLDe74j1F52zQ51fqNpKV07E71knNI8HFh>

We hope you enjoying completing some of these activities at home. We would love to see what you have been doing – please share your pictures on Facebook.