



Lonehill Little Learners – Home Programme Gr 00

This is an outline of our daily routine, please refer to the table below for ideas for each of the activities below:

- Concept
- Circuit/ Gross Motor skills
- Choose a book for the day- examples of popular stories
- Creative/baking
- Physical Games-throwing/catching/ running
- Sit down activity (independently)- puzzles, playdough, cutting
- Outside play
- Inside games- open ended- blocks, lego, animals

These are just some ideas of activities you can do, choose one or two activities from each section every day. These are concepts that we have covered at school already.

Duration	Concepts	Activities
3 min +-	Colours: Yellow/ Red/ Blue/ Green / Orange / Purple	<ul style="list-style-type: none"> • Find toys around the house that are certain colours • Sort Colours – Find items that are the same colours and sort each colour into a different bowls. • Choose a Colour and find objects of that colour around the house & discuss (language – green car, 4 black wheels etc.)
	Shapes: Circle/ Triangle/ Square/ rectangle	<ul style="list-style-type: none"> • Cut out a few of each shape and hide around house to find. • Put shapes on floor- Jump from shape to shape • See what things inside your house are these shapes.
	Counting 1,2,3,4 only	<ul style="list-style-type: none"> • Find any 3 toys/objects that are exactly the same • Touch each object when counting.
	Rote Counting to 10	<ul style="list-style-type: none"> • Jump 10 times and count out loud • Clap 10 times and count out loud etc.
	Sorting Duplo Blocks Sort Animals Shapes and Colours	<ul style="list-style-type: none"> • Size: find 4x4 studded blocks, 4x8 studded blocks • Colour: place all the red blocks in a pile, then blue, green, red etc. • Sort all the farm animals into a pile, all the sea creature etc.
	Patterns	<ul style="list-style-type: none"> • Alternating pattern of two-using various toys and objects
	Threading	<ul style="list-style-type: none"> • Thread beads, noodles, bottle tops onto an old shoe lace.

Duration	Life Skills	Ideas
2 min +-	Life Skills	<ul style="list-style-type: none">• Teachers are in charge at school (Parents/Adults at home)• Never play with matches• Don't talk to strangers• Never give up and keep on trying• Mistakes help us learn• Respect your parents• Look after your things• Hold a parents hand in the car park• No hurting children• No biting or spitting

Duration	Creative/ Baking	Ideas
10-15 min	Finger paint (attached recipe on Whatsapp Group)	<ul style="list-style-type: none"> Put blob of finger paint on page and let them spread with fingers.
	Drawing with waxies, koki's, chalk, pencil crayons	<ul style="list-style-type: none"> Ideally one colour a day Use different size paper from A5 to A3
	Paint with water	<ul style="list-style-type: none"> On bricks outside, tiles and even windows
	Collaging	<ul style="list-style-type: none"> Stick different items onto paper eg. Magazine pics, garden items, crepe paper, tissue paper, wrapping paper.
	Playdough (attached recipe on Whatssapp Group)	<ul style="list-style-type: none"> Roll balls and snakes Cut snakes with plastic scissors Add pasta, feathers, match sticks, googly eyes (create a monster, bird, build a house) Rolling pins Cookie cutters
	Shaving cream – Window/ Table	<ul style="list-style-type: none"> Put shaving cream on table & hide some toys in it Put shaving cream on window and allow them to smear it all around and then draw shapes
	Tactile Tray (Popcorn seeds/ Pasta/ Rice/ Water with bubbles/ flour/ shaving cream)	<ul style="list-style-type: none"> Put the content in bowl or tray and get them to play You can add toy objects the following day Draw shapes in flour and shaving cream.
	Baking	<ul style="list-style-type: none"> Marie Biscuits with icing Pizza bread- half a slice of bread with tomato sauce and cheese Milkshakes-Nesquick, milk, ice-cream
Puzzles	<ul style="list-style-type: none"> 6-15 pieces are age appropriate 	

Duration	Language Development	Ideas
5-10 mins	<ul style="list-style-type: none"> ➤ Stories (these are just some examples; use any books you have) Julia Donaldson Books -The Gruffalo -A Squash and a Squeeze - The Hungry Caterpillar 	<ul style="list-style-type: none"> • Read a story out loud, ask who, what, when, why and how questions. • Talk about the characters • Predict what will happen next • Who is the Author, Illustrator? • Look at the pictures-what do you see • Change the end of the story. • Look for words that rhyme
4 mins	<ul style="list-style-type: none"> ➤ Theme discussion (Theme's we have already discussed) 	<ul style="list-style-type: none"> • Dinosaurs • Easter • Senses • Personal hygiene • My body • My home • Talk about, look at books and pictures

10-15mins	Circuit/Gross Motor/Physical Activities/Outside activities	Ideas
	Balls	<ul style="list-style-type: none"> • Throw • Bounce • Catch • Roll
	Hopping/ Jumping / Skipping	<ul style="list-style-type: none"> • Forward • Backwards • Sideways • Racing each other
	Circuit	<ul style="list-style-type: none"> • running • jumping (two feet together) • climbing • balancing • hopping • crab walks • bum walks • shoulder stands • ride bikes • play with water-bottles, measuring cups ect

Duration	Inside Play	Ideas
20 mins	Block play (wooden blocks, lego, bristle blocks)	<ul style="list-style-type: none"> • build a house • create an imaginative creature • build a mode of transport • add cars, animals, dinosaurs
	Playdough	<ul style="list-style-type: none"> • As per creative section
	Puzzles	<ul style="list-style-type: none"> • 6-15 piece puzzles are age appropriate
	Creative and Imaginative Play	<ul style="list-style-type: none"> • Play dress up-doctor, shop keeper, fireman • Build a fort/ tent with blankets • Hide and seek • Build something creative out of blocks • Play-play bake • Play with dolls/ barbies • Have a tea party

Duration	Music/Movement	Ideas
5-10mins	Play Music	<ul style="list-style-type: none"> • Dance freely to the music • Add actions to the words • Play musical statues • Use instruments if you have
5 mins	Songs and Rhymes	<ul style="list-style-type: none"> • Learn a new song or rhyme • Add actions to the words

Other fun ideas you could try:

These ideas might be good for the weekend or when you have a bit more time together. Pop onto Pinterest and you will find some lovely ideas there too.

- Go on a bug hunt
- Have a tea party or picnic in the garden
- Play in the sprinkler
- Draw outside with chalk
- Play dress up Walk the dog Play go fish
- Wash the car
- Build a bird feeder (pine cone)
- Watch the clouds
- Have a pajama party
- Blow up balloons- keep them up in the air by hitting them
- Play Charades or Pictionary
- Play a memory game
- Set up a mini library-read books together
- Do a science experiment (make a volcano, egg in vinegar)
- Play I-spy
- Plant a veggie garden
- Play a game of picture bingo
- Use paper and crayons and do a leaf and bark rubbing
- Create your own stress balls using balloons and flour
- Bake some cookies
- Make a marble run
- Create something with air drying clay
- Make paper planes
- Box construction- create a car, dinosaur, house using old boxes
- Make jelly/ slime
- Camp out in your living room.