



## Brook House Nursery Self- Isolation Pack

We have devised a self-isolation pack for parents to use at home. The activities listed below are arranged under headings that support each area of development in the Early Years Foundation Stage (EYFS). We hope these will give you a few ideas, but please email [office@brookhousenursery.com](mailto:office@brookhousenursery.com) if you would like some further support. We have tried to use low energy level activities- we hope you feel better soon!

We look forward to seeing you on your return to nursery!

The Brook House Team

### Physical Development:

#### **Gross motor skills (big movements)**

- Paint with water and big brushes on your garden path.
- Chalks outside
- Old wallpaper rolls with paints or crayons (any mark making tool)
- Bikes if you have the space
- Youtube 'A Cosmic Kids Yoga Adventure' to access age-appropriate yoga videos (good for core strength and relaxation). *Please remember to supervise the use of Youtube due to the varying content that is easily accessible.*

#### **Fine motor skills (fingers..)**

- Peg pegs onto anything you can find (paper, cardboard). How many can you peg on in a certain amount of time?
- Threading pasta, beads, buttons.
- Chopping up fruit to eat for a snack
- Playdough – here is a simple recipe and you can add food colouring, coco powder, herbs or paint too! –



- 8 tbsp plain flour
- 2 tbsp table salt
- 60ml warm water
- food colouring/ paint/ coco powder etc..
- 1 tbsp vegetable oil

- Using child's scissors to snip paper, ribbon, wool – whose is the longest? Shortest?
- Baking anything that involves getting your hands involved! Biscuits, bread, doughs etc.

### Maths:

- Go on a number hunt (this will need a little prep. Write numbers on paper and hide them). Can your child order the numbers in a line? What happens when you take one away when your child isn't looking? What's missing? What comes next?
- Water play in the bath or in a bucket outside filling and emptying, pouring and mixing (you could even add food colouring to see what happens when you mix them).
- Set the table (how many spoons do you need? How many places? etc).

- Help with the washing by pairing socks!
- Share out some treats.
- Add petals or herbs to a bowl or bucket of water to make potions!
- Find shapes around the house and talk about their properties (e.g. rectangle mirror- 4 sides, 2 long to short).

### Literacy:

- Enjoy stories, magazines and fact books.
- Act out some familiar stories- you could even dress up!
- Make your own puppet to tell a story (with socks for example!).
- Talk about characters and the setting, who the author was and what that means.
- See if you can make up some silly rhymes! (e.g., rhyming words with your name).
- Sing nursery rhymes and even make some up!



### Mark making/ early writing:

- Have a go at mark making using a whole range of things from sticks and mud to big brushes and chalk.
- Design (and write) a card for someone in the family who you may not see at the moment and send it in the post.
- Practise writing your name (you could use dot to dot to support letter formation).
- If you have a real interest in writing and are able to recognise and form some letters, why not have a go at labelling some junk models or pictures that you draw.

### Understanding of the World:

- Find out about something you are really interested in (e.g., volcanoes, lizards, baby animals or vehicles) - you could use books you may have, or even the computer/ tablet.
- Build a train track going up, over, under and through and use these words as you play
- Build stories around small world toys (animals, Lego people)
- Junk modelling from boxes and tubes that you have at home
- Woodwork, if you have a shed or garage and a suitable place to do it.
- Paint or draw your face. Use a mirror. Is anything the same as Daddy's or Mummy's or a sibling? What is different? The same?
- Practise dressing yourself and putting on your own shoes
- Planting seeds and 'grow your own' veggies even if you just sew a few herbs in a small pot or cress seeds on cotton wool.



**If you do join in with some of these, why not take some pictures and upload them on Blossom! We would love to see what you have been up to and can be used to support your child's smooth transition on their first day back at nursery.**

**Thank you!**