

# Week Eleven

**Bin basketball –**  
all you need is a bin or bucket and some newspaper/scrap paper. Start by making the 'balls': get your child to scrunch up the newspaper into balls. They can practise making their hands into tight fists first. Make more than one ball and explore squeezing the paper really tightly. The 'balls' may turn out to be different sizes and levels of scrunchiness! Now try and get the paper balls into the bin. You can differentiate by having the bin closer or further away. Extend with different kinds of throws, under or over.  
**Moving and Handling, fine motor skills (scrunching the paper) and gross motor skills (throwing the balls).**

**What I like about me is... -**  
this activity is all about feeling positive about yourself! You can play with just you and your child, or you can ask other family members to join in. Have something to pass between you, it could be a pebble, a soft toy or a small cushion. Explain that when someone is holding the cushion/pebble/toy it's their turn. Model starting and begin by saying 'What I like about me is... I have green eyes.' Pass the object and ask your child – 'What do you like about yourself?' If they are unsure what to say, or they are at an earlier stage of development, you could support them by saying 'What I like about you is... you have curly hair.' Keep going between you or other players. You can choose different kinds of things: I like that I can touch my toes/ sing/ draw cars/ put my socks on. For earlier stages of development use facial expressions and gestures like clapping to join in with your child's sense of achievement when they pull up to standing or reach for a toy.  
**Self Confidence and Self Awareness.**

**Toy playdate –**  
explain to your child that they are going to have a 'pretend playdate' with their toys. Which ones will they invite? What time is the playdate? How will they let the toys know? Take the lead from your child – they might suggest 'phoning' them or writing them a note. Follow up on their ideas. Next, get ready for the playdate – what will they do, will there be a drink and a snack? It's time! You could take the toys outside the front door and ring the doorbell so your child can invite them in. Follow your child's lead, but also model some situations so your child can practise their social skills and empathy: one of the toys could 'say' to another 'You can't play! What can we do to help them? Or a toy might be missing their Mummy. What can we do to make them feel better? Perhaps two toys won't share. Can your child show them how? Use lots of feelings words as you play together. What happens when it's time for the toys to go? 'Bye, thank you for coming! For earlier stages of development, get a toy to wave/clap/ cuddle/be sad. Notice what your child does – do they wave/clap/cuddle back?  
**Managing Feelings and Behaviour and Making Relationships.**

This week's activities for you to try at home with your child are about the **Prime Areas of Learning - Personal, Social and Emotional Development, Physical Development and Communication and Language**. Remember when you use facial expressions, gestures and talk you will add meaning to all these activities for your child.

**Talking Teeth –**  
an adult who has all their teeth will have 32 of them. Look in a mirror with your child. Can they count your teeth/their teeth? Explain that children have 'milk teeth' – up to about 20. These 'milk teeth' will wobble out and be replaced by their grown-up teeth. It is really important to look after them. How do we do that? We brush our teeth twice a day! How does the brush help? What is the tooth paste for? Listen to your child's suggestions and add some reasons too. Let them brush their teeth, looking in the mirror. Use lots of words: up and down, side to side, in and out. Maybe set a timer for 2 mins to help them to keep brushing or sing a silly song that lasts about that long. During the day you can focus on teeth – talk about avoiding sugary foods because they are not good for our teeth, maybe sort some food items into things that are sugary and things that are less so. Eat some different textured foods – a crunchy apple and a soft, mashed up banana. What do they notice about their teeth – do they do different things for different textures? Don't forget to SMILE and show off your teeth!  
**Health and Self-Care**

**Tell a joke –**  
being funny and having a giggle together every day supports your child's understanding. Do silly things – put your shoes on your hands, do a daft dance, put their toy in the fridge 'by accident'. Notice what your child does. Laugh together. At later stages of development, tell simple 'knock knock' jokes or make up some nonsense rhymes: 'The socks were in the box but they were really smelly, so the dog told the frog who hid them behind the telly.' You can extend this by stringing these things together and putting on a Stand-Up Comedy Show – for one night only... have fun!  
**Understanding**

**Mystery parcel –**  
get ready by finding something to wrap up. Don't let your child see you! Think of something as interesting as possible – with bumps/points/soft bits/hard bits/something that makes a noise. Next, wrap it up. If you have some old wrapping paper you could use that, but any paper/bag will do, as long as your child can feel the object through the paper but not see it. Show your child the mystery parcel. What could it be? Explain they have to guess! What does it feel like? Use lots of descriptive words: soft, hard, sharp, squidgy. How big is it? Huge, enormous, tiny. What does it sound like? Listen together as they shake/squeeze/tap it. Can they hear anything? When you feel they are ready, they can unwrap the parcel. Were they right? Extend this by discussing the object now they can see it: what were the hard bits/soft bits? What was the noise they could hear? What gave it away?  
**Listening and Attention and Speaking.**

