

Reception - Help at Home sheet

Here are some ideas of how you can help me grow and learn at home. Please do as many of these as often as you can with me.

Talk to me about my emotions. Help me to recognise when I am happy, sad, angry, upset or excited. I could make faces in a mirror and draw pictures of how I am feeling. I could even write about it!

Ask me about my friends. I could tell you what they look like; how are they the same or different.

Play rhyming string games with me.

Help me to recognise rhyming words – see who can say or write down the most to win!

mat, cat, bat, hat
jog, bog, log, dog
tip, nip, sip, dip
can, man, fan, nan
bun, fun, pun, run

Talk to me about the importance of eating a varied diet and about the health benefits of eating vegetables and fruit. What do I already know?

Help me to stay fit and active by challenging me to hop 5 times on each leg or do 10 bunny hops. Vary the task and how many you ask me to do!

Help me to act out stories with puppets, dolls or teddy bears. Stories could include: 'Little Red Riding Hood', 'We're going on a bear hunt' or 'Goldilocks and the 3 bears'

Encourage me to cook with you, measuring ingredients and noticing changes e.g. the difference between a raw and cooked eggs.

Encourage me to help you to lay the table at mealtimes, or help me to serve dinner to members of my family.

Help me recognise 2D shapes such as squares, triangles, rectangles, circles. Take me on a shape hunt around the home. What shapes can I see? I could label shapes I find.

Help me to recognise and sort different real objects by 3D shape such as cylinders (a tin of beans) and cereal boxes (cuboid).

Read a bedtime story to me as well as me reading to you at least once during the day, every day.

Ask me to label items around the home using correct letter formation. Either with an initial sound, whole words or sentences such as 'the black cat', 'a big bed'

Help me to recognise different technology within the home. I could make a list of everything that uses electricity and make another list for objects that use a battery.



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