

# Learning at home

Build a Lego model using 20/ 30/ 40/ 50 pieces

Build a blanket fort  
(use blankets/ pillowcases/ sheets/ rugs etc)

Build the tallest tower (lego or other blocks)

[Make your own play dough](#)

Do a jigsaw puzzle

[Mindful colouring](#)

[Try some yoga](#)

Try these apps:

- Stencil art
- Awesome Xylophone
- Dexteria Jr
- Alice in Colourland

[Practice your typing skills](#)



## Physical/ Motor Development



## Calming and Relaxation

Make a den (use sheets, blankets etc) and read a book in there

Write down your worries, and put them in a bag. Take them out one at a time and discuss them with a trusted adult, older sibling or friend.

Do a jigsaw puzzle

[Mindful colouring](#)

Listen to some mindfulness

(try iTunes: meditation and Relaxation for Kids by Dr Elizabeth Scott)

[Try some yoga](#)

Read a social story:

[Read the Covibook](#)

Count how many chairs, beds, pictures (etc) are in your house

Watch a TV programme and write an episode of your own

Play a memory game, e.g. I went to the shops and I bought... (each person adds an item and you go around the group having to say all items)

Helping with the laundry/household items - pairing socks and other clothing/knives and forks

Organising household items by shape or colour

Go on a number/shape hunt around home

Share and listen to stories

Draw pictures to represent items/writing items on a shopping list

Do some cooking- share instructions or recipes - use your shopping list to get the ingredients

Play counting games: e.g. 'What's the Time Mr Wolf?'

Practise counting and your phonics with games on this website:

[Numberblocks](#)

Try these apps:

[Word scapes](#)

[Times Table Rockstars](#)

[Jolly phonics app](#)

[Hairy letters app](#)

[Phonics play website for blending and segmenting](#)

Play a board game

Make a treasure hunt

Find out what your mum/ dad/ carer used to play with when they were your age

Do a jigsaw puzzle

Call a grandparent/ aunt/ uncle or family member you haven't spoken to in a while

Have a picnic in your living room or balcony or garden if you have one.

Do some cooking- share instructions or recipes

## Social, Communication & Interaction



## Language Development



Learn what a new word means every day - how many times can you use it?

(use either a dictionary or an online dictionary)

Try Speech and Language websites

[Speechbuddy](#)

[NHS Children's Speech and Language Therapy Resources](#)

## Additional support activities you could try

## Additional Learning Practice

