



Nursery Self Isolation Activities



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| <p>Try to keep to your regular routine in the mornings as if you were coming to school.</p> | <p>Encourage your child to share the toys they are playing with, with yourself and/or their siblings and to tidy away their toys when they have finished with them.</p> | <p>Have a mid-morning snack time, tidy away toys, visit the toilet, wash hands and sit at a table to eat and drink their snack. Have the children choose and help make their snack or lunch if possible - encourage healthy eating.</p> |
| <p>Try to spend some time outdoors every day. Encouraging your child to put on their own coat and hang it up when they come in. Collect some natural objects -leaves, stones, petals, twigs grass and make a collage picture inside or outside. Look for signs of the season, go on a scavenger hunt talk about the items they have found, listen carefully to the sounds you can hear can you name them.</p> | <p>Draw your child's name, then decorate it with them using bits and bobs from your home to make their own name plate. Encourage them to trace over their name or try to write it independently on any colouring, painting or art they may do. You could count the items as they stick them on to practice their counting. Use the items found outside or in to count and make sets of items asking how many?</p> | <p>Choose a favourite story to read together. Ask simple questions about the story as you go through, talk about your favourite parts. Use some of your child's toys to make up a story of their own. Play some favourite music and have a dance. Sing lots of Nursery Rhymes or learn their favourite and perform it for other members of the family, maybe using props they have made to help.</p> |