



Activity ideas to support Learning at Home 3-5 year olds

Early Years Service, Children's Services

Buckinghamshire Council

Make a Mini-Me

Make two mini-me people by cutting out an old photo or drawing a picture of your child and their key worker/ teacher. Attach your mini me to a wooden spoon, spatula, cork, milk lid, yoghurt pot or string. If you don't have a picture, draw one on a post-it note or paper.



Supporting Transitions with a Mini Me



Mini-Me and Daily Routine

Find out what the daily routine will look like when they return to their setting/ school. Using pictures from the school or draw simple representations of key events in the day such as, drop off, indoor play/ outdoor play, washing hands, lunchtime, physical play and collection time.

Walk mini-me through the day using time language: **"First, next, after that, then, finally,"** to describe the events in the day. Identify which parts of the day your child likes or dislikes. Support your child's emotions by exploring their feelings during different times and share important information with the school or setting so they can provide more support at specific points. If your child finds it difficult to say if they like or dislike something, they could use a happy or sad picture face to communicate.

Pictures of Setting or School

Liaise with the school/ setting and collect current pictures of the environment and staff: e.g. outside, water play, role play, creative area, drop off & collection area, lunch area, toilets construction, maths, mark making, playground, quiet area, etc.

Create a book and let mini-me enter into the book. If you can't print, hold the mini-me up to the pictures on your phone or tablet. Talk about the day and things they can do at school when they go. You might like to discuss these things:

I wonder where this is? What would you like to do here? Where is your favourite place? Why? Who would you like to play with? What did you do today? Where did you go? Who did you play with? How did you feel? What would you like to do tomorrow?

Mini-Me and Keeping Safe

Print off or draw new rules and routines that are important to keep children safe during covid-19. Jump through the steps using your mini-me and practise these steps as you go.



[Open posters click here](#)

Information for Parents/ Carers

Top Tips

Parents and carers naturally bring thoughts and experiences of change to a new stage in their child's life. Your child will not have had a range of experiences, so they pick up vibes from you and feel reassured if you are outwardly calm and positive - you are the child's sunshine 😊

Contact the new school or nursery to discuss anything that you are unsure about or if you need help with filling in any forms. Often schools have second-hand uniform for sale and your donation helps to buy other items for the school.

Involving your child in simple choices can help them to feel more settled and in control e.g. choosing a lunchbox, water bottle, getting their own clothes out ready for the next day, even which cereal or spread to have for breakfast.

You may be able to meet with one or two families starting at the new school/nursery, at a social distance - outside is best and everyone feels more relaxed. Take care what you discuss in earshot of the children – keep it positive.

Talk about how you are going to say goodbye and say you will see them before/after lunch /tea. Do leave when you say you are going as it is the thought of you going that children often find more difficult. You can ring the school/nursery to check if you want – but they will ring you if your child remains unsettled.



Supporting Transitions to School or Nursery

Find out More

[Small Talk - ideas for Parents](#)

[Hungry Little Minds](#)

[Play My First Day at School - BBC](#)

[Bitesize](#)



Communication and Language

Your child might be able to communicate their thought by pointing to pictures of the setting environment and key people in response to questions you ask.

You might find your child talks to you about things they want to do at the setting.

Your child might talk about their feelings and use words such as, "excited, happy, sad, upset".

Find out more about your child's development

[What to expect when – Developmental Guide for Parents](#)

If you have any concerns the first thing you can do is chat to your Child's Key Person at their Nursery or Pre-school