



Activity ideas to support Learning at Home 2-5 year olds Early Years Service, Children's Services Buckinghamshire Council

Get Ready Teddy

Use one of your child's teddies or soft toys and get them ready for school!
What are they going to pack in their bags? What are they going to wear?
Talk about how teddy might be feeling. Is he excited, scared, happy or sad? Why don't you take Teddy on your walk to school?



Activities to support Transitions

Make Choices

There will be lots of opportunities for children to make choices at their new school or setting. For example, which toys to play with or what to have for a snack. Some children may find this difficult so create opportunities for them to make choices at home by giving 2 or 3 options. Would you like to put your shoes or coat on first? You can use the objects to reinforce the language you are using.

Follow Me

Following instructions is a skill your child will be using when they start at a setting or school. To practise this skill make it into a game. Can you turn around three times then sit on the floor? Can you jump in the air then run around the room? Remember your child can give you instructions too and you can join in and follow!



I spy ...

When you rehearse the walk or drive to your child's new school or setting. You could make it a fun experience by playing I Spy with my Little Eye something beginning with Or finding things to spot and count on the way such as trees, shops or road signs.
Who will be the first to see a pink flower? Who can spot the tallest tree? Who will see a red car?
Try to repeat the journey a few times before they start their new school or setting so that when they do, the journey will be familiar and fun.



Look at Me

If your child has a uniform for their new school or setting, spend time trying it on so they get used to wearing it. Look in the mirror, take photos and make it fun! Could you create a fashion show where other members of the house dress up in different clothes too?

If your child finds it tricky to put on clothes, try starting the task for them so they get to finish it. For example, put socks on their foot and ask them to pull them up, or help put their feet through the trouser legs and see if they can pull the trousers up. After some practice, you could try reducing the amount of help you give. Remember to keep it fun!

Top Tips

Make the activities fun. Starting school can create many different feelings for children so experiencing fun activities associated with starting a new setting or school will help to reduce anxiety.

Talk about school or nursery in a positive way. Have a plan in your mind about what you are going to do before you start the activities.

Chatting Matters

Vocabulary and increasing the number of new words your child hears every day is very important for future learning. Model these words: *School, bag, shoes, uniform, water bottle, friends, play, Teacher, dining hall, playground, assembly, circle time, snack time, lunch time, Key Person.*

Personal, Emotional and Social Development

You might notice you child can;
Have an idea about what to play, offering cues for friends or adults to join them.

Keep play going by responding to what others are saying or doing.

Demonstrate friendly behaviour, initiating conversations and forming good relationships with peers and familiar adults.

Begin to accept the needs of others and can take turns and share resources, sometimes with support from others.

Information for Parents/ Carers



Find out More

[Being School Ready – PACEY](#)

[Small Talk - ideas for Parents](#)

[Hungry Little Minds](#)



Communication and Language

You might notice that your child can;

Listen to others one to one or in small groups, when the conversation interests them.
Listens to stories with increasing attention and recall.

Follow directions if not focused on their own choice of activity.

Respond to simple instructions, for example, to get or put away an object.

Health and Self Care

You might notice you child can;
Tell you about different ways of keeping healthy, like washing their hands before.

They eat food, having a drink of water when they are thirsty, eating fruit or vegetables and running or jumping.

Tidy toys away so that I they don't fall over them and hurt myself.

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.