



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



Getting Ready for Nursery School

Good to be Me!

Time to get creative. You will need safe scissors, glue stick, a big piece of paper or a notebook or a box. Your child has already achieved so much. Why not share some of those special times with your child's new teacher and classmates by making an

'All About Me' scrapbook or box?

Collect together photos, pictures and mementoes of important milestones and events in your child's life so far, like birthday cards, photos of special family events and people. Talk about what your child likes and dislikes, what makes them special and different?

Remember to keep adding to their scrapbook as they start their new adventure at school or nursery

New Routines

Practice packing a bag for school with your child, this will include a water bottle and any change of clothes needed. Talk to your child about the bag, it's shape and colour and anything that will help them recognise it. Together, write your child's name on it. If the setting has a uniform get this ready well in advance and practise each week putting it on and taking it off. Show your child where you have put their name so they can find it.

School for Toys

Why not make a pretend school with your child. Collect toys and teddies and pretend they are in your home school. Or get all the family to join in. Pretend you are acting out scenes from school, line up to go out to play, hang you coat on a peg put, let your child be the teacher, Show your child how to take it in turns to answer the register, 'Hello Mr/Mrs Rachid, 'Hello Teddy'. Write a list of classmates (toy names) and tick if they are at school today.

Story Time

Now is the time to read a book with your child about characters who are going through the same experience. These are fun!

[Harry and the Dinosaurs Go to School](#), by Ian Whybrow & Adrian Reynolds

[I Am too Absolutely Small for School](#), by Lauren Child
[Starting School](#), by Janet & Allan Ahlberg

You can listen to these online or borrow them from the local library.

Talk with your child about what is happening and how the characters are feeling? Was there anything they were worried about? How did they feel in the end? Chat about the new routines and how this may make them feel. What are your child's teachers called?

Walk to School

Why not walk to your new school? As you walk, talk about the things you pass? Is there a road sign, a post box, a shop? You can do the same if you drive or go on the bus. You can't go in but stand at the gate and chat about what you can see? Look at the school sign and match it to your uniform. Where is the door? Can you see anything at the windows?

Look at a clock and talk about the time the day will start and finish and what will happen at the start and end of the day. Tell your child what you will do when they aren't with you.

When you get home draw a picture of what you saw. The more times you walk there the better and you can add to the picture each time.

Try this [BBC Starting School Activity](#)

Top Tips

Starting preschool or school for the first time is an exciting time for families but can also be a nervous time for children and parents. Try to talk about your feelings and that it is normal to feel anxious, worried or excited. Changes happen all of the time, but this may be the first big one for your child. Chatting about it will make the unfamiliar feel familiar!

You may be feeling anxious too. Listening to other parents will help.

[CBeebies information for Parents](#)

Make a chart with the number of 'sleeps' until school starts and tick these off each morning, this will help your child anticipate when the big day is getting closer.

It's important to support your child with this change but don't overdo it, too much focus may lead to your child becoming over worried or over excited. Talk about school in a positive way the aim is to take away their fears and build realistic expectations.

Chatting Matters

Talking to your child about their new school or nursery will help them to prepare for the change.

Vocabulary and increasing the number of new words you child hears every day is very important for future learning. Try words like; **uniform, packed lunch, preschool, nursery, school, head teacher, teacher (use their names) playground, library, P.E. worried, excited, anxious, unsure.**

Information for Parents & Carers



Find out More

[Sun Bears at Chester Zoo](#)

[BBC Tiny Happy People](#)

[Words for Life - ideas for Parents](#)

[Hungry Little Minds Campaign](#)



Communication and Language

You might notice that your child can:

Enjoy using new words to talk to you about what they are doing or using.

Then use these new words when playing.

Pretend to be different people and can pretend to do different things, like being a teacher and taking the register.

Personal, Social, Emotional Development

You might notice that your child can:

Follow simple routines to help them do things on their own.

Play in a group with friends or family. Can make up ideas for things to do and games to play.

Knows that sometimes friends will want to have the toys they are playing with and need help from you to share toys.

Physical Development

You might notice that your child can:

Remember, most of the time, to go to the toilet in time and wipe them self.

Wash and dry their hands on their own.

With your help holding out their coat, they can put their arms in and do the zip up if you start it. Pull up their trousers or skirt too.

Find out more about your child's development

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

If you have any concerns about your child's development the first thing you can do is chat to your child's Key Person at their setting.