

Helping round the Home


IMPORTANT Parent or Carer –

Check that you are happy with any weblinks or use of the internet.

NB New activities are being added at the top of each document.

Activity 8 – Sorting and organising

Sorting and tidying shoes

<p>What to do</p> <ul style="list-style-type: none">○ Take a 'before' photo.○ Look at the different footwear. Sort into pairs. Who do they belong to?○ Talk about each shoe/boot and what it is for - think about activity and weather.○ Decide if any can be put away and which must stay.○ Talk about how to arrange them in their space. Your child might decide to sort by size, colour, owner or type.○ Take an 'after' photo and admire your efforts.	<p>What you need</p> <p>Messy shoe space/rack/box</p> 
<p>Extension</p> <p>Count the shoes in pairs/twos. Put in order of size. Make labels for the new shoe spaces. Make a shoe storage space from boxes and decorate.</p>	<p>Questions to ask</p> <p>Can you find matching pairs of shoes? How many in a pair? Who do these belong to? Who has the most/least shoes? Which shoes are for sport/wet weather/inside? Can we put any away for winter/next term? How could we sort these to make them tidy and easy to find? Can you see what a difference we have made?</p>

Activity 7 – Preparing meals

Make your own lunch

What to do

- Talk about hand hygiene, getting everything ready first and the best order to carry out each task.
- Allow your child to experiment with the best order of the process. It is likely that they will not think ahead at first but will fine tune as they go.
- Consider which tasks will always need adult input (slicing cheese) and which can be increasingly left to your child as they become more confident (cutting the sandwich).
- Example lunch-making process:
 - i) *Washing hands*
 - ii) *Laying the table*
 - iii) *Spreading butter/jam on bread.*
 - iv) *Placing ham, cheese slices on the bread.*
 - v) *Placing one slice on the other and pressing.*
 - vi) *Cutting into pieces (hard at first)*
 - vii) *Clearing up after eating*

What you need

Sliced bread, spread and table knife, sandwich filling (ham, jam, sliced cheese, etc.), bread board and plate



Extension

Create a list of lunches together and encourage your child to choose and organise what they need each lunchtime.
Make lunch for someone else.
Make a sandwich list and ask diners to choose from it.

Questions to ask

What must we always do before cooking and eating? *Wash hands!*
What things will we need?
What do we need to put on the table?
How can we keep the sandwich together?
What's your favourite filling?

Activity 5 – Tidying up and daily jobs

Making your own bed

What to do

- Talk about how it feels to have a cosy, tidy bed.
- Make the bed together, arranging pillows, tucking in sheets and straightening covers.
- Arrange any soft toys and/or cushions.
- Admire the finished result – won't it be lovely to jump into tonight?

What you need

Clean bedding



Extension

Increase the independence of each task, starting with easy things like arranging pillows.

Make someone else's bed as a nice surprise.

Make a bed for a toy using a box and blankets.

Questions to ask

What makes your bed feel cosy?

What happens if the sheets are not tucked in properly?

Where does the pillow go?

Can you pull the duvet straight?

How can we test the bed?!

Activity 4 – Sorting and organising

Sorting recycling

What to do

- Talk about what recycling is and why we do it.
- Lay out a range of clean recycling and talk about the different materials that the different items are made from.
- Sort them by type.
- Explain the different categories your local recycling requires the materials be sorted into.
- Work together to sort the recycling.

What you need

Clean packaging and recyclable materials



Extension

Wait for the recycling vehicles to arrive and watch what happens next to the rubbish.
Make a junk model using recycling materials.
Watch Maddie Moate discussing recycling with Buster:

<https://www.youtube.com/watch?v=W-y2QPF21nU>

Questions to ask

What is recycling?
Why should we recycle?
What material is this made from?
Where do we put cartons?
Could we reuse this for something else?

Activity 3 – Washing and cleaning

Washing toys

Adult supervision is essential for water activities

What to do

- Talk about the importance of hygiene and keeping our toys clean.
- Set up children with toys to wash, warm, soapy water, washing tools and a place to lay out toys to dry – this is best as an outdoor activity, if inside lay down towels on the floor.
- Encourage your child to push sleeves up and wear an apron (or old T shirt).
- Expect toys to be rewashed many times – children love this sort of task.

What you need

Waterproof outdoor or indoor toys
Sponges, washing up brushes, cloths, soap
A bowl of warm water or a filled bath
Aprons and towels on the floor if indoors



Extension

Add waterplay toys for pouring and scooping (*jugs, cups, Nurofen-type syringes*). Include sorting as a task – mix up the type of toys and get children to sort them by type once dry.
Make a poster to explain why we need to keep our toys clean.

Questions to ask

What are the safety rules when we play with water?
How will we stop getting too wet?
What do we need to wash the toys?
How will we dry them?
Can we wash all toys like this? What about books or soft toys?

Activity 2 – Sorting and organising

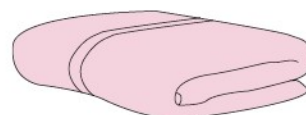
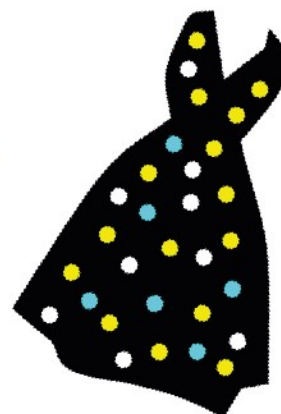
Pairing socks and sorting clean laundry

What to do

- Make the jobs fun by setting challenges, playing music or adding competition.
- Give small, manageable jobs, such as finding sock pairs (actually pairing them is a hard task for small hands), sorting clothes by wearer or where they are stored.

What you need

Clean laundry



Extension

Teach your child to fold easy items, like T shirts, or put their clothes on hangers. Encourage them to put their own clothes away if storage can be reached. Challenge your child to organise their own clothes drawers or wardrobe – shoe or cereal boxes can be repurposed to create dividers.

Questions to ask

Can you find matching pairs of socks? How many in a pair?
Who has found the most pairs?
Who does this belong to?
Who is each pile for?
Where do we keep vests?
How could we sort the drawer?

Activity 1 – Preparing meals

Make your own breakfast

What to do

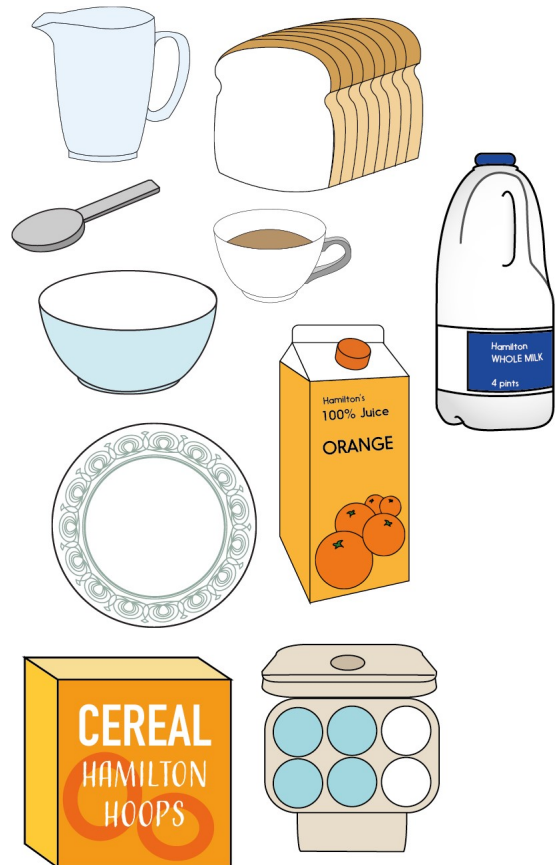
- Talk about hand hygiene, getting everything ready first and the best order to carry out each task.
- Reduce risks of spilling and wastage by decanting milk into a small jug, cereal into a smaller container and jam or spread can be spooned onto a plate –*this will need some patience and lots of praise.*
- Consider which tasks will always need adult input (toasting bread) and which can be increasingly left to your child as they become more confident (pouring cereal from a box).
- Example breakfast tasks:
 - viii) *Laying the table*
 - ix) *Spreading butter and jam on toast*
 - x) *Pouring cereal and then milk into a bowl*
 - xi) *Breaking eggs and mixing batter for pancakes*
 - xii) *Clearing up after eating*

What you need

Breakfast food

Jugs, bowls and spoons for decanting

Cutlery and crockery



Extension

Create a list of breakfasts together and encourage your child to choose and organise what they need each morning. Make breakfast for someone else.

Questions to ask

What must we always do before cooking and eating? *Wash hands!*
What ingredients will we need?
What do we need to put on the table?
How can we slow down how fast the cereal will come out of the box?
What's your favourite breakfast?