



Activity ideas to support Learning at Home 2-5 year olds

Early Years Service, Children's Services

Buckinghamshire Council

TREASURE HUNTS

Hide a teddy or 'treasure' somewhere in the room. Give directional instructions for your child to follow to find the treasure. Such as: *take 5 steps forwards, turn towards the TV, take 3 steps backwards, look under the cushion.*

- Challenge older children by covering their eyes with a scarf. Can they follow your instructions without using their eyes?
- Draw maps to show where the treasure is and talk about the directions you travelled in.



PHYSICAL SKILLS BALANCE AND COORDINATION

BOOGIE WOOGIE

Play music and try out different dance moves. Try: skipping, jumping, side steps, clapping in time to the music and twirling. Make picture cards to represent your moves. Can you put two moves together to make a little dance? Lay the cards down to remind you of the moves.

[Party Songs - CBeebies - BBC](#)

Try dancing with:

- Scarves
- Homemade musical instruments (bottles with pasta or a saucepan and spoon)
- Props such as hat's, ribbons or homemade pom-poms are fun to use!



OBSTACLE COURSE

Create an obstacle course across your living room floor. Try using these items:

- Towels or blankets to crawl under
- Cushions or pillows to clamber over or crawl in and out of
- Shoes to crawl in and out of in a zig-zagging slalom way
- Chairs to climb over or go under
- Count movements: jumps/ star jumps/ hops



MUSICAL ANIMALS

Play your child's favourite songs from your phone or use a pan to play a beat or rhythm. When the music stops your child can freeze and turn into an animal:

- A flamingo that stands on one leg
- A dog that rolls
- A cat that crawls
- A crab that scuttles from side to side
- A bunny that hops
- A kangaroo that jumps
- A snake that slithers
- A wriggling fish



Information for Parents/ Carers

Tips for Movement Games

Make sure there is space to move safely by pushing furniture back, if necessary

Supervise your child and help them to explore movements safely by positioning yourself close by

Encourage children to move their bodies in a range of different ways.

Move with your child and talk about the direction and positions you are moving in.

Younger children will want to explore movements at their own pace. Copy movements and talk about what these are.

Older children can be encouraged to count movements.

Find out More

[Hungry Little Minds – Simple fun, activities for kids aged 0 – 5](#)
[Small Talk - ideas for Parents](#)

[Early Movers – Activities](#)

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

Physical development

You might notice that your child can:

- Move without bumping into things or tripping up
- Know how far they can climb up the stairs before asking for help
- Wave their arms or ribbons to make up and down lines or circles in the air

Tips for Supporting Communication and Language

Words to model to children during play:

Positional words: *over, under, in between, in the middle, behind, in front*
Directional words: *up, down, sideways, forward, backwards, diagonally, left, right*

Movement words: *crawl, slither, jump, hop, gallop, skip, slowly, fast, energetic, climb, balance, wriggle*

Body parts: *leg, foot, knees, ankles, hands, fingers, thighs, back, shoulders, neck, elbows*

Music: *fast/slow, loud/quiet, rhythm*

Expressive Arts and Design

You might notice that your child can

- Join in with dancing and some movement games
- Start to move with rhythm especially when they hear music they like