



Portstewart Primary Nursery Unit

Nursery home learning non-screen learning suggestions:

- Read and share books together.
- Outdoor physical activities.
- Go outside and look at the different plants and flowers. Draw a picture of what you can see.
- Gardening activities- planting and digging.
- Make models from junk materials, Duplo, Lego
- Cut and stick activities, paint and draw.
- Fill a sink with water and engage in water play.
- Play board games e.g. snap, Dobble.
- Learn nursery rhymes and simple songs.
- Bake and cook with adults.
- Make a bedtime box - *Suggested contents:* Teddy in box decorated as a bed; Blanket; Small toy for teddy; CD of bedtime songs and rhymes; Storybooks - Five Minutes Peace, Goodnight Moon, The Gruffalo, Goodnight, Little Bear.
- Playdough bag/box - *Suggested contents:* Recipe card so children can easily make it with some help (see recipe below); shape cutters egg cups, plastic glasses and natural materials around the home and garden; range of tools for shaping and creating marks, using cooking utensils; special ingredients e.g. rice, glitter, spices and herbs. (Recipe for playdough: 2 cups of plain flour 2 tablespoons of vegetable oil ½ cup of salt 2 tablespoons of cream of tartar 1 cup of water and food colouring, if desired.)
- Ideas to promote fine motor skills include scissor activities with dough, newspaper, old magazines and card. As the skills progress change the thickness of the paper to make it more difficult and challenging by using former birthday cards and Christmas cards. Use household items like tongs and tweezers to lift sticks, cotton balls, small stones, etc.
- Don't forget the gross motor skills. Apart from the normal running and outdoor play, indoor activities could include: encourage children to bear walk, roll along the floor with arms tucked in and stretched out to strengthen core muscles, balancing/following on the lines on the tiles and using them to hopscotch and not forgetting to encourage using alternate feet on the stairs while counting.
- Further ideas on app called 50 Things To Do Before You are Five which is available on Google Play on the App Store.
- See Nursery home learning ideas (one, two and three) posted online for further ideas.

Keep safe and let us know if we can help. We will continue to support our families as best we can. Thank you.