

Ideas for 4-5's

Communication, Language and Literacy

A letter to Family



Practice writing with your little one. Why not write a letter to a family member you have not seen for a while? Explain the process of a letter, how it gets from you and where it goes on it's journey.

Maths

Pipe Cleaners

Write numbers on a large piece of paper and uses things like pipe cleaners and string to follow the shape of the numbers.

This helps children with fine motor skills as well as number recognition.



Physical

Hula Hooping



Master the art of hula hoop. Enjoy the physical exercise, coordination and most of all have fun.

Emotional and Mental well-being

Young Yoga



Why not look online for some yoga poses you can try together.

Look for things such as ;shine like the sun; be a unicorn: flutter like a butterfly; blossom like a flower and creating a rainbow.

There are lots of different fun poses you can try together.