

Dear Parent,

Your mission, if you choose to accept it, is to deliver some secret summer learning to your children! The aim of this pack is to help children learn without realising; develop basic skills and life skills which will come in handy when they return to school in September - and beyond! You can encourage your child by showing them the checklist of tasks and for each one that they complete they can add a medal sticker to the included chart. How many charts can they complete? With your help it will be no problem! Tick off the activities you have done as you go!

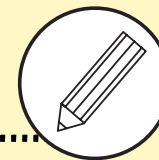


Please give this ticket to the special participant!

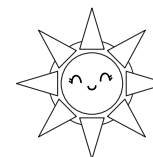
I will take part in the **SUMMER CHALLENGE** and level up all my skills as I complete each special task!

Signed:

Date:



CONGRATULATIONS! YOU ARE NOW A VERY SPECIAL PARTICIPANT IN THE ...



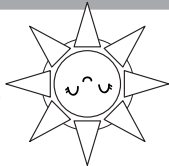
SUMMER CHALLENGE!

Levelling up

Chart!

How many points
do you have so far?

**SUMMER
CHALLENGE!**





SUMMER CHALLENGE!



Level up your



Life Skills!

Tick the numbered boxes when you've earned a new skill!

1 Put your own coat on

2 Zip your own coat up.

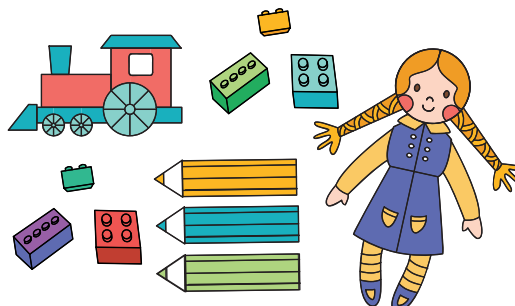
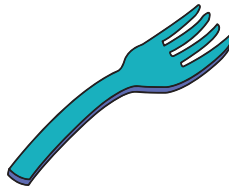
3 Dress yourself

4 Use scissors safely.

5 Tell an adult when you need help.

6 Cut up your own food.

7 Tidy your own toys away.



8 Put your shoes on.

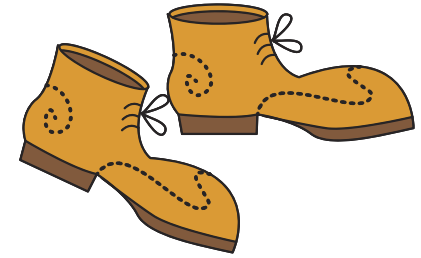
9 Wash your hands properly.

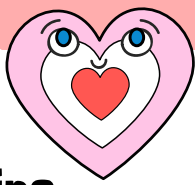
10 Follow instructions

11 Play outside safely

12 Share with others

13 Use the toilet independently





Making relationships

- 1 Role-play different everyday activities for example; going to the shop, doctor or dentist.
- 2 Practise taking photos showing different emotions, e.g. sad, happy, cross, lonely, scared or worried. Then play a matching game with the photos.
- 3 Talk about ideas around friends and friendship by having a puppet character that tells others 'you can't play' - how would that make you feel?
- 4 Encourage turn taking in different activities such as playing board games, choosing toys or picking which activity to do.

Self-confidence and self-awareness

- 1 Work on an activity together like building a house out of bricks for a toy. Share your interests and opinions. Use things they are interesting to start a discussion. Hold up two toys and ask them which is their favourite and why.
- 2 To encourage your child to choose the right resources they need to have equipment at an accessible level. You could even have a box of resources for cutting and sticking, another for colouring, another for crafting that your child can choose to access.
- 3 Find ways to share your child's success. For example if they have done a great piece of artwork - display it, send a photo

to relatives and when it comes off 'display' add it to a scrapbook of their best artwork they can keep and look back at.

- 4 Make a 'memory box' of special items from days out, birthdays, celebrations etc that your child can look back at with you and discuss how they felt, what they enjoyed and remember what they learnt.
- 5 Give them opportunities to share their 'talents' with friends and family in person or via videos with activities such as dance shows, singing, playing musical instruments, telling jokes or doing magic tricks.

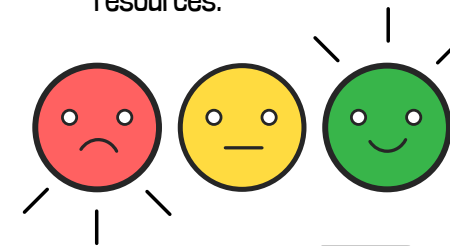
Managing feelings and behaviour

- 1 Play games where you child needs to show patience

in order to be successful e.g. playing snap or doing a jigsaw.

- 2 Make a 'feel better box' with items in it that might be useful for anyone in the house who is feeling angry or sad. Discuss ideas for the items with your child e.g. tissues, something to squeeze if they are feeling angry or a notebook to write down how they are feeling or to draw a picture in.
- 3 Listen to lots of different types of music together and discuss how different music makes you feel.
- 4 Set up familiar, predictable routines with opportunities for children to help. Then think of fun ways to display these, for example as picture cards they have drawn, stuck up in the correct order for each day.

- 5 Make a 'chill out' area together that your child can use for reading, when they are tired or when they just need some time alone to calm down. Plan together what it could include, maybe cushions, blankets, cuddly toys and books.
- 6 Do activities that require give and take or sharing for things to be fair. Talk about things that are fair and unfair. These could be fun activities like cake decorating and needing to share out the decorations or crafting and needing to share out the available resources.





Listening and attention



as by singing a short song, sharing an experience or describing something they have seen or done.

Understanding

1 Have an object scavenger hunt. Pose challenges for your child to find objects that are used for specific tasks rather than saying the name of the object. For example: find something used for cutting, find something used for stirring, find something used for cleaning clothes etc.

2 Use your child's favourite toy and place it in different locations and ask them to tell you where it is. Work on using positional vocabulary correctly including: under, on top of, behind, next to.

3 Make a story sack together. Find items from their favourite story as props and collect them together

in a special bag. Encourage your child to retell the story using the props after you have modelled it.

4 Give instructions that have two parts; this could be part of an obstacle course you could make together for example climb over the boxes then jump in the hoop.

5 Ask 'why' and 'how' questions. You could do simple science experiments at home to encourage these such as adding sweets to fizzy pop to make a volcano or water to skittles arranged in a pattern. You could make playdough or slime together and discuss the process.

6 Teach your child jokes they can retell which they understand. Can they do a comedy show for your family?

Speaking



1 Give your child opportunities to retell events. Making a memory book together with photos of days out or trips would be helpful.

2 Add words to what children say, e.g. child says 'Brush dolly hair', you say 'Yes, Lucy is brushing dolly's hair.' Play hairdressers with the things you have at home.

3 Use a lot of statements and fewer questions. When you do ask a question, use an open question with many possible answers. Role-play doing different 'people who help us' roles (e.g. police officer, doctor and fire fighter) and narrate what you are doing as you play.

4 Tell repetitive stories such as The Gingerbread Man and The Three Little Pigs. Make your own story spoons by decorating wooden spoons

with the characters to help with retelling.

5 Play games which involve repetition of words or phrases for example 'What time is it Mr Wolf?'

6 Show children how to use language for negotiating, by saying "May I...?", "Would it be all right...?", "I think that..." and "Will you...?" when you are playing.





Moving and handling

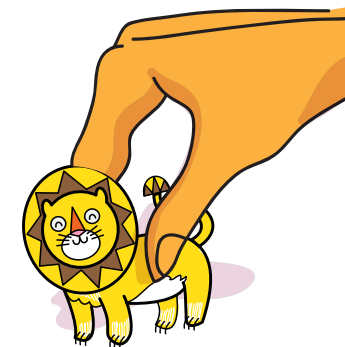
- 1 Pretend to be different animals so they can practise slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.
- 2 Do obstacle courses so your child can work on running skilfully and negotiating space successfully, adjusting speed or direction to avoid obstacles.
- 3 Play balancing games where your child needs to see who can stand on one leg for the longest.
- 4 Play catching games like 'hot potato' where you pass round any object and when the music stops the person holding the object is out.
- 5 Use scissors to make sticky pictures. Keep hold of sweet wrappers and wrapping paper to recycle for cutting and sticking creations.
- 6 Move around to different types of music and talk about how people move when they are sad, happy or cross.
- 7 Play active games like 'follow the leader'.

- 8 Play skittles using plastic bottles and a ball. This helps children learn how to collaborate in throwing, rolling, fetching and receiving games.
- 9 Play threading games, posting games and construction to develop those fine motor (small movement) skills.
- 10 Practise jumping off appropriately high objects.
- 11 Play chasing games such as 'cat and mouse' where you use a bit of material tucked into the child's trousers as the mouse-tail which the cat needs to try and get.

Health and self-care

- 1 They need to know the effects of activity on their bodies so exercise together, play doctors, and measure your heart rates before and after.
- 2 Encourage your child to wash their hands properly by doing a stamp on their hands first and then washing it sufficiently well so that it disappears.
- 3 Challenge your child to a 'getting dressed' competition. Make it harder for the adult by wearing oven gloves.

- 4 Splash in the puddles in wellington boots and talk about why they need to wear certain types of clothing for certain activities.
- 5 Have a blindfolded food tasting game to encourage your child to try new foods.
- 6 Talk about the difference between healthy and unhealthy foods. Set up two snack boxes for them to sort their snacks into. Encourage them to eat a healthy snack as their first choice.





Reading

- 1 Play rhyming games - read a story with a rhyme in and pause to see if your child can complete the missing word.
- 2 Pause before the end of a story and see if your child can guess the ending.
- 3 Read books together as much as possible and try different types of books (fiction and non-fiction). Give your child a purpose for reading such as; following a recipe or instructions to make a new toy.
- 4 Play 'I Spy... something that begins with...' to work on your child's initial sounds.
- 5 Use puppets, story stones, story spoons or other props to retell stories.
- 6 Make a photobook with photos of your child at special places, taking part in celebrations and spending time with their family. Encourage them to 'tell' their story adding details with support.

Writing

- 1 When your child draws, writes and paints encourage them to explain what the marks they have made represent.
- 2 Sing alphabet songs.
- 3 Create a 'Message Centre' which has a variety of different writing implements (felt tips, crayons, pens, pencils, chinks, pastels, different sized paint brushes) and a variety of things to write on (line paper, plain paper, notebooks, envelopes, post-it notes). Encourage your children to write notes to family and friends, make labels for their creations or write in any way that has a purpose for them.
- 4 Role play with your child and encourage them to write signs and labels as part of their play. For example a pet shop with all their toy animals.
- 5 Encourage your child to write their name every time they do a picture or painting, ready to display as that gives them a purpose for practising their name writing.



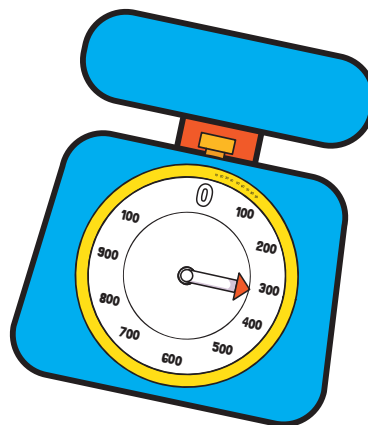


Numbers

- 1 Play number games, e.g. simple board games like snakes and ladders where they have to count how many spaces to enable them to move.
- 2 Sing number songs ('5 little monkeys jumping on the bed', '10 in the bed and the little one said', '1,2,3,4,5 once I caught a fish alive', '5 little ducks')
- 3 Search for numbers when you're out and about. On walks look at door numbers and wheelie bins, in the house you could hide magnetic numbers in fun things (like jelly) or look for the numbers on clocks, clothes labels or even food packets.
- 4 Count everything: steps up and down, how many jumps your child can do, how many skips, how many grapes they have left etc.
- 5 Play with money together and use lots of role-play for paying for items and giving change.
- 6 When baking and eating together talk about doubling the amount of sandwiches you have already made, halving the cake or sharing the pizza to expose them to the appropriate mathematical language.
- 7 Turn the washing line into a number line.

Shape, space and measure

- 1 Look for shapes all around as you go for a walk.
- 2 Play games where you can use positional language such as hide and seek.
- 3 When outside compare and order the flowers, leaves and rocks you find, talk about their size, length and how heavy they are.
- 4 Find objects in nature with symmetry and discuss them. Look for patterns in nature.
- 5 Discuss how long different tasks take, use a stop-watch to time them. Discuss timings for the regular events in their day.
- 6 Order their toys by weight, height, length or capacity.
- 7 Let them use scales while baking or in a mud kitchen.





People and communities

- 1 Share a memory book with friends and family to add in reminders of special events.
- 2 Talk about the traditions your family have and how your child can join in with those.
- 3 Talk about the celebrations of other faiths and cultures. Discuss the celebrations that family and friends participate in.
- 4 Visit different parts of your local community.



The World

- 1 Go on a nature walk and discuss the plants and animals you see, talk about how you can look after the things in the world around you.
- 2 Talk about how plants and animals change and similarities and differences between them.
- 3 Use a magnifying glass if possible to observe small and large objects.
- 4 Talk with your child about why things happen, how things work and give them the vocabulary to ask questions.

Technology

- 1 Give your child the opportunity to take photos. Share how they could be improved (e.g. keeping the camera still, fingers out of the way, getting all of the person in the photo).
- 2 Discuss how adults around them use computers and technology for work, study or practical tasks like online shopping.
- 3 Draw a picture a device, use simple free software you can download like 'tux paint'.
- 4 Play with programmable toys e.g. a remote control car.

Expressive Arts and Design

Exploring and using media and materials

- 1 Do a talent show for family and friends and showcase songs, dances and instrument playing.
- 2 Explore colour mixing with paints.
- 3 Use construction toys like blocks

to make something that serves a purpose e.g. a bed for a toy.

- 4 Explore what happens when your child mixes different media together e.g. sand and paint.

Being imaginative

- 1 Encourage your child to make up and

share their songs and stories.

- 2 Support your child's imaginative role-play by taking a role.
- 3 Encourage your child to share their thoughts and feelings through design and technology, art, music, dance, role-play and stories.

- 4 Provide dressing up clothes and props to help them retell stories.
- 5 Create a mini Lego world.
- 6 Use a large flat tray and encourage children to gather twigs, leaves and petals to create a transient art picture.