

Family Learning – Nursery Spring 1

These are some ideas on how to help your little one from home in their physical development. These activity proposals require none or very little resources and can be easily included in your child's daily routines and play time.

Fine motor skills

- Modelling playdough (easy homemade recipes can be found online).
- Transferring coins or other small items from one container to another
- Crafting: Drawing, colouring, painting, sticking, junk modelling. . .
- Making puzzles
- Threading pasta
- Popping bubble wrap
- Ripping paper into small pieces (newspaper works very well)
- Transferring laundry pegs from one place to another
- Sorting small items, e.g. dry legumes / white beans and lentils
- Opening/closing containers – boxes, lids
- Zipping up jackets, buttoning clothes (own clothes and dolly clothes)
- Dressing/undressing themselves (clothes and shoes).

Gross motor skills

- Monkey walk, pushing a toy around
- Going to the playground – climbing, jumping, running, balancing. . .
- Going for longer walks
- Games involving catching and throwing a ball
- Dancing
- Yoga (e.g. cosmic yoga on YouTube)
- Going on a bike/scooter ride