






Keir Hardie Primary School

Digital-Free Fridays Menu of Activities

Here is a list of activities the Early Years team have devised for your children to choose from for Digital Free Friday. All activities are designed to be off screen and promotes pupil's independence using resources readily available at home.

Story/Rhyme Time	Handwriting and fine motor-skills activities
Listen to an audiobook to see if children can follow the story without pictures.	Thread pasta onto string to make a necklace 
Use musical instruments, actions, homemade puppets to retell a familiar tale e.g. We're going on a Bear Hunt	 Putting cherrios through skewers/ spaghetti.
Play rhyming games Say 'into the pot goes' while pretending to place objects that rhyme into a pot (for example, a bat, a hat, a cat, a mat). Do this with your child and then see if they can do it independently. You can turn this into a game by throwing in words that don't rhyme, and asking your child to catch these ones out. For example, a cat, a hat, a bird – this last word shouldn't go in the pot!	Making marks and writing sounds in shaving foam.  Water painting



Rhyme Sticks



Glue some simple symbols from your favourite nursery rhymes and songs to create the sticks. Then let your child choose one and guess what it stands for before they sing.

Putting out washing using clothes pegs.



Print Hunt in the Environment

Help children to understand what a word is by using names and labels and by pointing out words in the environment and in books. e.g. that says 'Tesco' or that is 'the' on the front of the book

Name writing in a tray of flour/salt.



Create something using playdough, clay or plasticine. Can you roll, pinch, cut and flatten the dough?



Developing reading comprehension

When you are reading with your child;

- Discuss with them the characters in books being read.
- Encourage them to predict outcomes, to think of alternative endings and to compare plots and the feelings of characters with their own experiences.

Paper bag weaving



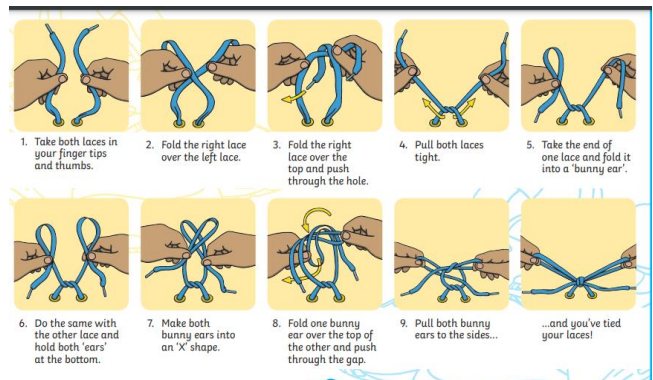
Use rainbow coloured pencils to practice writing your name, days of the week or months of the year.



Number Time

Rhymes- Ten in a bed, once i caught a fish alive, five little ducks, five little men in a flying saucer.

Life Skills



Tying your shoelace- This is a great skill for children to develop and will support them in their independence and self-care. Use the visuals and model how to tie laces using shoes off and on the child.

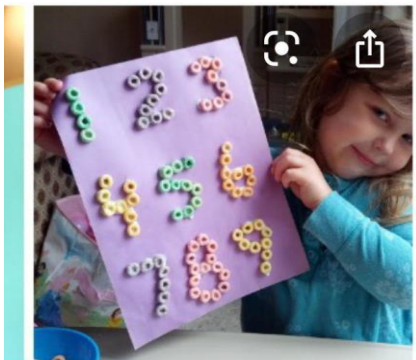
Writing number formations in flour/salt.

Tracing number formations on paper.



Dressing yourself- Invite your child to select their clothes for the day and to dress themselves independently. Support them to think about what body part will go into each part e.g. left arm in left sleeve. If your child dresses incorrectly encourage them to reflect on what is wrong and how to correct it.

Using cereal to form numbers



Washing and drying dishes- Ask your child to help you to wash and dry dishes. Explore how to use washing up liquid and what will happen if you use too much or too little. Support them with drying the dishes and work together to organise where they need to go when they are dry

Making a clock using paper plates



Helping with the laundry- Invite your child to help sort out the laundry. Work with them to sort clothes into colours ready for the wash. When dry ask them to help you pair up matching items such as socks and to help with folding the clothes and sorting them to each family member

Counting and matching numbers



Making a pancake- Work with your child to cook a simple dish. Look and discuss the ingredients used such as eggs, flour, milk and oil. Observe how they look and feel both uncooked and cooked. Use a range of cooking tools such as spatulas, whisks, knives to cook the pancakes and with your child challenge yourself to flip it over without dropping it!

Ordering numbers with lego. 1 to 10 then 10 to 1.



Call a friend or family member- Invite your child to call someone special to them. Model how to use the telephone and provide them with the phone number, supporting with matching and pressing the correct numbers. Sit with them while they enjoy their conversation and ask them about what they spoke about afterwards.

Use playdough to create numbers. Can you create your age in numbers? Can you write it? Can you find that many objects? Can you hop that many times?



Washing and drying your hands properly- Model to your child how to wash their hands correctly, using soap, water and the correct technique (as advised by the NHS). Discuss about all the different reasons why you would need to wash your hands e.g. before meals, after the toilet, after messy play etc.



Creative Projects



Make art using leaves, flowers and beans

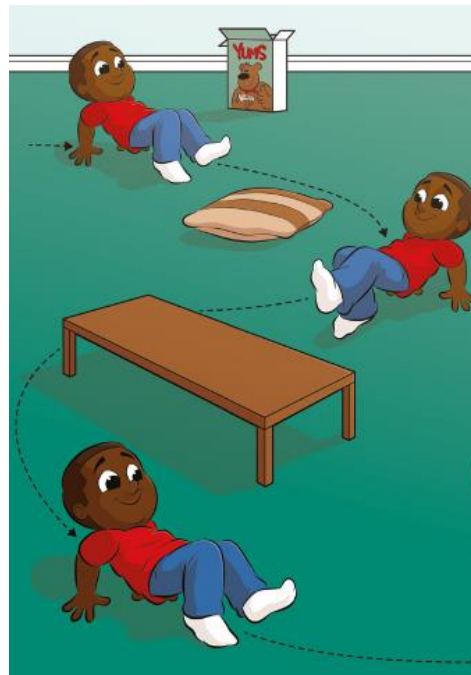
Physical Development –Gross motor-skills

Outdoor walking: Walk along the lines in the pavement. Walk along small walls and kerbs. Play chasing games. Go on a hunt. Make a list of things your child has to find: a twig, a flower. Let them tick off what they have found. Ask your child to run as if they were in thick mud, in long grass, running a race. Ask your child how far they think they can run before you count to 10.



Practise writing and making your name using natural materials.

Crab capers: Ask your child to move like a crab. Put in some things for your child to go around. Then ask them to follow you. As a challenge, ask them to push a ball around like a crab.



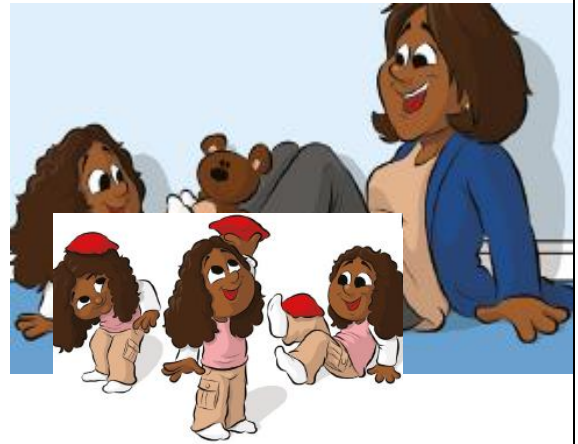
Shadow Drawing

Make the most of the sun and explore light and shadows.

Place your object of choice on your paper and use it as a guide to trace the outline.



My little friend: ask your child to keep a small toy on their bodies. Can they balance on different body parts and still keep the toy still? How long can they balance the toy for? Can they count up to 60? Finally ask your child to pass the toy to you using their feet, hands and elbows.



Draw paint, or create your favourite animal



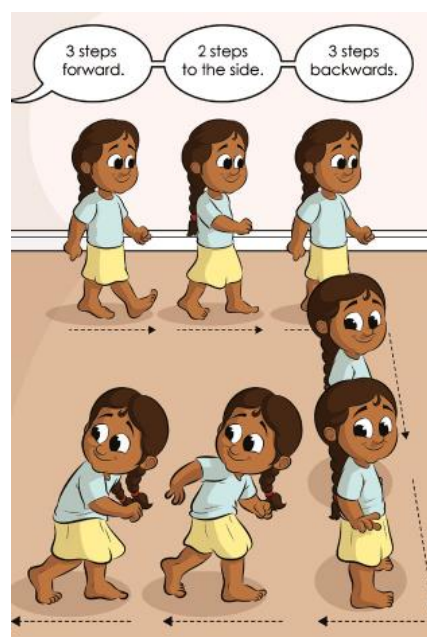
Dazzling Deliveries: Ask your child to pretend to be a postal worker. Give your child a bag to put parcels/toys in to deliver. Can they plan a way around the house to pick up and give out parcels? Ask your child to tidy up by putting the toys back in the right place. How quickly can they do it? Ask them to count the seconds. Ask your child to help you carry the shopping and help you put it away.



Build a fairy house

Indoor/outdoor walking: Ask your child to walk around in different directions. Check so there is nothing your child could break. Can you give each other directions e.g. 3 steps forwards, 2 steps to the side?

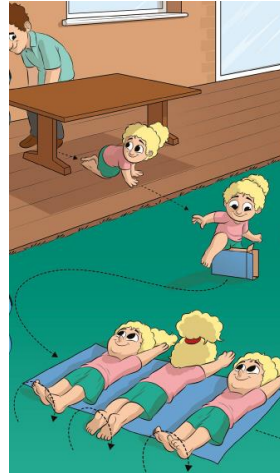
Let your child walk with no shoes and socks on different things (soft rug, wooden floor, bubble wrap, pasta). How does it feel like?





Leaf printing using a leaf and paints!

Obstacle course: Set up an obstacle course with your child and talk about how you can move around, e.g. crawl under the table, jump over the cereal box, roll along a towel. Ask the child to come up with new ways of moving around the course: skipping, hopping, jumping, changing directions. Challenge your child to do the course in reverse. Can they use all the ways of moving, when backwards? Why not?



Create a self portrait of yourself. Use coloured pencils, markers, paint or crayons.

Hop, skip and jump: Set up paper/paper plates around the house or outside, in the garden and have your children jump from one to the next. If they do well, challenge them to walk in reverse to the starting point, making sure they look over their shoulder, to avoid accidents.

