



Activities for the Summer (EYFS)

These are some ideas for activities you can do with your child over the summer when you have a spare 10 minutes, are out and about, or on a rainy afternoon. They will help to keep their brain active and learning.

English	
Reading for pleasure	Choose a book they enjoy and read for at least 10 minutes every day. Talk to them about what they are reading, ask them to summarise the story and tell you what they like or don't like about it.
I Spy	Play I spy by finding things around them that begin with a certain letter.
Listen to stories	Listen to stories read by an adult at home or listen to online stories for children. This will help your child continue to develop their vocabulary.
Cooking	Follow a recipe, read it together first and find the important words and equipment.
Phonics games	Play practical games around the home, like "Can you find a p-o-t?" or how many things can you find beginning with a certain letter. You can also find some free online games to play on https://www.phonicsplay.co.uk/ .
Sentence-at-a-time story	A great activity to play as a group. One person starts the story with a sentence and everyone takes it in turns to carry it on. Start each new sentence with time conjunctions or adverbials (next, later on, after that, just then, suddenly, finally).
Memory game	Choose a theme, for example, the supermarket. Start the sentence "I went to the supermarket and bought a..." Each person adds to list after repeating what everyone else has said. How many words can you add and remember in order?

Maths	
Cooking	Follow the instructions to make playdough. After measuring and mixing the dough you will be able to get creative.
Shopping	Use shopping as an opportunity to develop an understanding of quantity. We have 5 people in our family, if we buy this bunch of bananas will we have one each? Use shopping as an opportunity to develop an understanding of size. Can you pick out the biggest potato, longest carrot etc.
The number spotting game	Look at the numbers on number plates, buses, in shops (anywhere you can see them) and create challenges for your child – we've spotted the number 5, can you clap your hands 5 times?
Capacity	Develop your child's independence with everyday tasks. "Can you fill your water bottle up until it is full?"

Wellbeing	
Exercise	Ensure your child gets plenty of exercise. Try to make sure they do something every day, even if it is just a short walk.
Learn a new skill	Try playing a new instrument, learn to juggle, ride a bike or play a new sport.
Healthy meals	Let your children plan their food or a specific meal during the day. Have they included a range of healthy foods? Use the Eatwell plate to help them check.
Family time	Spend time doing something as a family that you all enjoy.
Mindfulness	Spend 5 minutes each day doing an activity that calms your child's mind or emotions e.g. calming breathing activities, cloud gazing, listening to music or a mindful walk noticing all the little things that they see.