...giving children the best start

Yoga, and active Play Activities to do at home

Early Learning Goal: Physical development: Demonstrate strength, balance and coordination when playing.

You are your child's teacher:

Talk about what your child is doing helps their language to develop by learning new words.

Giving them lots of different activities to explore will help develop their physical skills.

Set simple goals your child can achieve.

Give your child time to think and reply.

Be warm, supportive, and encouraging.

Yoga: Pretend to be an animal , get your child to copy your moves, use language to describe how it makes you feel, try chair yoga.

Obstacle course: set up an indoor obstacle course you could get your child to climb, jump and crawl through a cardboard box.

When out and about encourage your child to jump over sticks, climb onto tree stumps and explore the natural world around them.

Hide and seek: Get your child to hide and count to 10 before going to find them.

Remember some children may only hide their heads.

Take your time to find them.

I wonder if I'm getting closer?

It all adds to the fun