

Physical Activities to do at

...giving children
the best start

Early Learning Goal: expressive arts and design: being imaginative and expressive: sing a range of well-known nursery rhymes and songs

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.

Pots and pans band:

- Use old pots, pans and spoons so your child can create music.
- Give your child different utensils such as a metal whisk or a wooden spatula as these can create different sounds.
- Join in with your child and sing a song.



Go on a nature walk and explore what you can find:

- Put your wellies on and find a muddy puddle to jump in.
- Make sure to wear old clothes.
- No puddle about? You could make your own!

