


# Helping round the Home

## Activity 1-Preparing meals

### Make your own breakfast

<p><b>What to do</b></p> <ul style="list-style-type: none"><li>o Talk about hand hygiene, getting everything ready first and the best order to carry out each task.</li><li>o Consider which tasks will always need adult input (toasting bread) and which can be increasingly left to your child as they become more confident (pouring cereal from a box).</li><li>o Example breakfast tasks:<ul style="list-style-type: none"><li>i) Laying the table</li><li>ii) Spreading butter and jam on toast</li><li>iii) Pouring cereal and then milk into a bowl</li><li>iv) Breaking eggs and mixing batter for pancakes</li><li>v) Clearing up after eating</li></ul></li></ul>	<p><b>What you need</b></p> <p>Breakfast food Jugs Bowls Cutlery</p> 
<p><b>Extension</b></p> <p>Create a list of breakfasts together and encourage your child to choose and organise what they need each morning. Make breakfast for someone else.</p>	<p><b>Questions to ask</b></p> <p>What must we always do before cooking and eating? Wash hands!</p> <p>What ingredients will we need?</p> <p>What do we need to put on the table?</p> <p>How can we slow down how fast the cereal will come out of the box?</p> <p>What's your favourite breakfast?</p>

## Activity 2 – Sorting and organising

### Pairing socks and sorting clean laundry

#### What to do

Make the jobs fun by setting challenges, playing music or adding competition.

o Give small, manageable jobs, such as finding sock pairs (actually pairing them is a hard task for small hands), sorting clothes by wearer or where they are stored.

#### What you need

Clean laundry



#### Extension

Teach your child to fold easy items, like T shirts, or put their clothes on hangers.

Encourage them to put their own clothes away if storage can be reached.

Challenge your child to organise their own clothes drawers or wardrobe.

#### Questions to ask

Can you find matching pairs of socks? How many in a pair?

Who has found the most pairs?

Who does this belong to?

Who is each pile for?


Where do we keep vests?

How could we sort the drawer?

## Activity 3 – Washing and cleaning


### Washing toys

#### Adult supervision is essential for water activities

<p><b>What to do</b></p> <p>Talk about the importance of hygiene and keeping our toys clean.</p> <p>Set up children with toys to wash, warm, soapy water, washing tools and a place to lay out toys to dry – this is best as an outdoor activity, if inside lay down towels on the floor.</p> <p>Encourage your child to push sleeves up and wear an apron (or old T shirt).</p> <p>Expect toys to be rewashed many times – children love this sort of task</p>	<p><b>What you need</b></p> <p>Waterproof outdoor or indoor toys Sponges, washing up brushes, cloths, soap A bowl of warm water or a filled bath Aprons and towels on the floor if indoors</p> 
<p><b>Extension</b></p> <p>Add water play toys for pouring and scooping (jugs, cups, syringes).</p> <p>Include sorting as a task – mix up the type of toys and get children to sort them by type once dry.</p> <p>Make a poster to explain why we need to keep our toys clean.</p>	<p><b>Questions to ask</b></p> <p>What are the safety rules when we play with water?</p> <p>How will we stop getting too wet?</p> <p>What do we need to wash the toys?</p> <p>How will we dry them?</p> <p>Can we wash all toys like this? What about books or soft toys?</p>

## Activity 4 – Sorting and organising

### Sorting recycling

<p><b>What to do</b></p> <ul style="list-style-type: none"><li>o Talk about what recycling is and why we do it.</li><li>o Lay out a range of clean recycling and talk about the different materials that the different items are made from.</li><li>o Sort them by type.</li><li>o Explain the different categories your local recycling requires the materials be sorted into.</li><li>o Work together to sort the recycling.</li></ul>	<p><b>What you need</b></p> <p>Clean packaging and recyclable materials</p> 
<p><b>Extension</b></p> <p>Wait for the recycling vehicles to arrive and watch what happens next to the rubbish.</p> <p>Make a junk model using recycling materials.</p> <p>Watch <a href="#">Maddie Moate discussing recycling with Buster</a></p>	<p><b>Questions to ask</b></p> <p>What is recycling?</p> <p>Why should we recycle?</p> <p>What material is this made from?</p> <p>Where do we put cartons?</p> <p>Could we reuse this for something else?</p>

## Activity 5 – Tidying up and daily jobs

### Tidying a room for the length of a song

#### What to do

- o Talk about how breaking up tidying into little jobs can make them easier and more fun. Also, if everyone helps, jobs are finished much more quickly.
- o Challenge children to tidy a room for the length of a song.
- o You will need to allocate and specify the task/s, e.g. Put as many toys in the basket while the music is playing, or pick up as many Lego pieces as you can until the music stops.
- o Celebrate your achievements made in the time one song took to play.

#### What you need

- A messy room
- Music to play



#### Extension

- Put regular jobs on lolly sticks and children choose to randomly allocate the jobs.
- Do before and after photographs to celebrate the difference made.
- Create a tidying playlist with energetic songs
- Watch and sing along to [Mary Poppins tidying the nursery with a spoon full of sugar](#)

#### Questions to ask

- What jobs need to be done?
- How long do you think a song lasts in minutes?
- How long do you think it will take to fill the laundry hamper?
- How many pencils can you pick up in the time it takes for the song to play?
- How different does the room look now?