

Melrose Primary School

Foundation Home Learning Activities

Week 1	Literacy	Maths	Other Ideas
Day 1	Sing the Jolly Phonics songs. Use sound flash cards and point to them as you sing. Have your child practice writing their name.	Count to 30 with your child. Ask your child to make an AB pattern with two things (ex. fork, spoon, fork, spoon. Or red, yellow, red, yellow)	Watch "Pete the Cat- I Love my White Shoes" on Youtube. Ask your child to find something of each colour in your house.
Day 2	Ask your child to name a word that rhymes with: cat, stop, pan, rug, net, and pig. Have your child practice writing their name.	Help your child count 20 objects by touching just one item at a time. You could count buttons, coins, etc.	Go on a nature scavenger hunt in your back yard. Can you find: a twig, a leaf, a flower, and an insect?
Day 3	Syllable Clapping- Ask your child to clap and count how many syllables are in these words: hippo, alligator, bird, elephant, puppy, cat, rhinoceros, flamingo, zebra, cow.	Shape Hunt. Ask your child to find examples of these shapes around the house or yard: circle, square, triangle, rectangle, oval, and diamond.	Play a game with a small toy. Ask your child to put it- over their head, under their chin, behind their back, between their knees, on their lap, and beside their foot.
Day 4	Read a book with your child. Ask them questions: Who are the characters? What happened in the story? What do you think will happen next?	Count to 30 with your child. Have your child draw a picture with: 1 sun, 3 trees, and 5 flowers. Ask them how many things they drew in all and help them count them- (9)	Help your child practice learning their address and the emergency phone number (000). Talk about what to do in an emergency.
Day 5	Have your child practice writing their name. Write a random letter on paper. See if your child can name the letter and the sound it makes. Do this for 10 letters.	Search around the house for something: longer than a pencil, shorter than your shoe, heavier than a book, and lighter than a pillow.	Play "I Spy" with your child. Give them clues and see if they can figure out what you see.

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Week 2	Literacy	Maths	Other Ideas
Day 1	Read a book to your child. Have them draw a picture of their favourite part of the story and then tell you about it.	Count to 30 with your child. Call out a number from 1-10 and see if your child can tell you what number comes next or what number comes before.	Day or Night- Call out an activity and have your child decide if it would happen in the day or the night (ex. go to bed, eat breakfast, go to school, sleep, etc.)
Day 2	Have your child practice writing their name. Recite nursery rhymes with your child (Humpty Dumpty, Jack and Jill, Mary Had a Little Lamb, etc.)	Have your child make an ABC pattern with 3 different kinds of items (ex. button, coin, cotton bud or red, yellow, blue).	Gross Motor Fun- Call out a movement and have your child complete it (ex. hop on one foot, touch your toes, spin around, kick in the air, act like you're climbing a ladder, etc.)
Day 3	Syllable Clapping- Ask your child to clap and count how many syllables are in these words: dinosaur, sunshine, jump, suitcase, potato, happy, meatball, fun, firefighter	Number Hunt: Walk around your house and have your child find and name as many numbers as they can. They can also search in a magazine or book for numbers.	Fine Motor Fun- Give your child some playdoh and have them roll it out like a snake. Then have them use child-safe scissors to cut it into small pieces
Day 4	Play the animal alphabet game. Name a letter and sound and see if your child can think of an animal that begins with it. (Ex. D/d dog)	Give your child several different objects and ask them to sort the items. They could sort them by: size, shape, colour, or type. (Ex. All the soft things, all the blue things, etc.)	When I Grow Up- Help your child think of a list of jobs. Then have them draw a picture of what they want to be when they grow up.
Day 5	Play "Thumbs Up if it rhymes; Thumbs Down if it doesn't rhyme" with these word pairs: cat/mat, house/hat, up/cup, meat/seat, when/white, tree/bee, lip/list.	Help your child count the forks and spoons in your kitchen. Ask them: Which one has more? Which one has less?	Practice acting out opposites with your child: up/down, little/big, tall/short, near/far, happy/sad, good/bad, awake/asleep, hot/cold

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Week 3	Literacy	Maths	Other Ideas
Day 1	Have your child practice writing their name. Ask your child to tell you the beginning sound for each word: apple /a/, monkey /m/, dog /d/, rocket /r/, sun /s/, log /s/, up /u/	Walk around the house with your child and help them count how many windows are in your house	Living or Nonliving- Ask your child to categorise each of these: dog, flower, book, moon, insect, tree, pencil, fish, pizza, snake, star, house, person, crab, grass
Day 2	Say "I like to eat..." and then name a word that rhymes with a food. See if your child can guess the food. (ex. pacaroni, wizza, motdogs, tread, bandy, totton tandy, etc.)	Have your child make an ABB pattern with 2 different types of objects (ex. spoon, fork, fork, spoon, fork, fork; or blue, yellow, yellow, blue, yellow, yellow)	Help at home- Teach your child one or two chores (like folding their clothes, helping to dust or vacuum, etc.). Tell them that is their new job to help around the house.
Day 3	Sing the Jolly Phonics songs with your child. Read a book together and see if you can find and point to ach sound in the book.	Ziploc Bag Number Game- Write a number on a Ziploc bag and see if your child can put that many objects in the bag. (ex. 5- child puts 5 buttons in the bag)	Help your child learn their last name as well as their birthday. Help them count how many days until their birthday.
Day 4	Read a book to your child. Have them retell the beginning, middle, and end of the story.	Draw the following shapes and have your child try to copy them: square, circle, triangle, rectangle, oval. Help them count how many sides and corners each shape has.	Weather Watch- Help your child make a chart and draw a picture of the weather for the next 5 days. (sun, cloud, rain, etc.)
Day 5	Clap and count the syllables in each of these words: pizza, hamburger, macaroni, hotdog, strawberry, apple, taco, bean, bread, raspberry	Help your child count by 10's to 100. 10,20,30,40,50,60,70,80, 90,100 (whisper it, shout it, count in a baby voice, count in a robot voice)	Talk about emotions. Have your child make a face/expression to match each: happy, sad, angry, silly, bored, tired, grumpy, excited

Melrose Primary School Foundation Online Resources

Learning Through Songs

- **Jolly Phonics**-
<https://www.youtube.com/watch?v=1Qpn2839Kro>
- **Jack Hartmann Videos** - bit.ly/jackhartmannvideos
- **Herman the Worm**- bit.ly/hermanworm
- **The Learning Station**- bit.ly/learningstationsongs
- **Sign Language Alphabet**- bit.ly/signalphabet
- **Exercise & Count to 100**- bit.ly/jackcount
- **Miss Booksy**- bit.ly/missbooksy
- **GoNoodle**- bit.ly/noodlego

Online Books














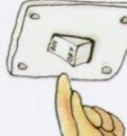


























- **Pete the Cat I Love my White Shoes**-
bit.ly/catwhiteshoes
- **Epic** (free for 30 days)- <https://www.getepic.com>
- **Vooks** (free for 30 days)- <https://www.vooks.com>
- **Storytime at Awnie's House**- <http://bit.ly/awnie>
- **The Storytime Family**- bit.ly/storytimefam
- **Storyline Online**- www.storylineonline.net/

Apps

- Fun brain, Jr.
- Fish School
- Reading Eggs- Learn to Read
- Letter School
- Daniel Tiger's Neighbourhood
- Endless Alphabet
- Writing Wizard
- Animal Math Preschool Games

Websites

www.pbskids.com
www.abcmouse.com
www.sesamestreet.org
www.curiousworld.com
www.cookie.com
www.abcya.com

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101 Fine Motor Ideas

1. Use a hole punch to punch a certain number of holes in a piece of paper.
2. Use a pipette to transfer water from one container to another.
3. Stack small wooden blocks into the tallest tower you can make.
4. Stretch and place loom bands on Jumbo craft sticks.
5. Pick up craft pom poms with Jumbo child tweezers.
6. Peel small stickers up and fill up a pre-drawn shape with them.
7. Practice opening and closing pink foam hair curlers.
8. Push pipe cleaners through the holes in a colander.
9. String pony beads on a crazy straw.
10. Squeeze a turkey baster and try to blow a cotton ball across the table.
11. Water plants with a squeeze water sprayer.
12. Braid yarn to make Rapunzel hair and then use scissors to cut the hair.
13. Peel a hard-boiled egg at snack time.
14. Make a paper chain.
15. Roll strips of paper on a pencil to make them curly.
16. Hide dry beans in a pile of playdoh then search for them.
17. Play with clay instead of playdoh.
18. Use nuts and bolts from the Hardware store in the building center.
19. Stack and build with small cups.
20. Button and unbutton clothes on a doll.
21. Use a geoboard to build shapes with rubber bands.
22. Use legos to make the letters of the alphabet.
23. Glue Velcro dots on the end of craft sticks. Build something with the sticks.
24. Sprinkle confetti onto a table. Use wide paintbrushes to sweep the confetti into a certain area.
25. Put magnetic letters inside Easter eggs. Open an egg, name the letter, and close the egg.
26. Write numerals on pieces of cardboard. Clip that many clothespins on the cardboard.
27. Turn over a sand timer and see how many paper clips you can clip to a sheet of paper before time is up.
28. Make a necklace using yarn and uncooked ziti noodles.
29. Stick a piece of uncooked spaghetti into a ball of playdoh so that it sticks up straight. Place pony beads on top of spaghetti to make a pattern.
30. String large and small paper clips together to make a long chain.
31. Mix up a variety of padlocks and keys. See how quickly you can get each lock open by using the correct keys.
32. Set out an ice cube tray, child tweezers, and a bowl of pom poms. See how quickly you can pick up one pom pom at a time and place it in a section of the ice cube tray until the whole tray is full.
33. Stick toothpicks in a styrofoam ball to make a porcupine.
34. Have a Matchbox car wash with small toothbrushes, soap, and water.
35. Tear paper and make a mosaic picture out of it.
36. Soak some sponges and wring them out seeing how dry you can get them.
37. Roll tissue paper into balls and glue each ball down on a page.

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101 Fine Motor Ideas

38. Squeeze a lemon or orange and see how much juice you can get from it.
39. Make a mini book by stapling several pages together.
40. Use a push pin to poke holes around the outline of a picture.
41. Pick up pennies one at a time and place them in a piggy bank.
42. Pop bubbles on bubble wrap.
43. Use cookie cutters to cut playdoh.
44. Use a toy hammer to hammer golf tees into a piece of Styrofoam.
45. Cut up straws and string them on yarn to make a necklace.
46. Make a Froot Loop necklace.
47. Trace around your hand with a pencil.
48. Tear pieces of masking tape and then stick them to a large sheet of paper.
49. Sort a pile of small objects into groups (paper clips, rubber bands, and marbles)
50. Use yarn to sew a lacing card.
51. Draw a monster on the window with a dry erase marker. Then, use a spray bottle to spray the monster with water and melt it.
52. Place lots of pennies face down on the table. Try to turn over one penny at a time by picking it up without sliding it to the edge of the table.
53. Cut pictures out of a magazine.
54. Pick up pom poms with tweezers and drop them down a paper towel tube.
55. Wrap rubber bands around cut pool noodles.
56. Drop liquid watercolor paint onto coffee filters using eye droppers.
57. Peel masking tape off a table.
58. Tie knots in a piece of yarn.
59. String your name using lacing alphabet beads.
60. Clip Barbie clothes onto a small clothesline using clothespins.
61. Build pictures out of snap cubes.
62. Make a picture out of stickers.
63. Push toothpicks through the holes in a parmesan cheese shaker.
64. Weave a placemat by weaving long strips of paper together.
65. Use toothpicks and marshmallows to build shapes.
66. Paint a picture using q-tips as paintbrushes.
67. Use a spoon to scoop up pony beads and transfer them to a different container.
68. Thread pony beads on a pipe cleaner to make a pattern.
69. Wrap yarn around and around a piece of cardboard cut into a shape.
70. Scoop soil into a pot. Pick up a few seeds and plant them.
71. Put together a 20-25 piece puzzle.
72. Use decorative scissors to cut paper into fancy pieces.
73. Spread out contact paper sticky side up. Make a picture by sticking natural objects (leaves, twigs, acorns, etc.) to it.

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101 Fine Motor Ideas

74. Make snakes and eggs by rolling playdoh into long snakes and egg-like balls.
75. Peel and tear colorful washi tape and use it to make a picture.
76. Use chop sticks to eat with.
77. Make the letters of your name out of Wikki stix.
78. Use Bingo dabbers to paint a picture.
79. Drive a toy car along a giant letter or number cutout.
80. Use a rolling pin to roll out dough.
81. Use decorative hole punchers to punch out pictures. Then glue the cutouts onto a piece of paper.
82. Build something with legos.
83. Peel star stickers up and then use them to make your own constellation on black paper.
84. Use a clothespin to pick up and transfer cotton balls from one bowl to another.
85. Practice opening and closing storage containers (plastic food bins, Ziploc bags, etc.)
86. Use a toothpick to draw a design in some playdoh.
87. Pick up a craft pom pom with a clothespin. Dip it in paint and dab paint on a piece of paper using the pom pom.
88. Cup your hands together to shake two dice. Roll them and add up the dots.
89. Make shadow puppets using your hands and a flashlight.
90. Use your index finger to pop bubbles.
91. Use only your thumb and index finger to pick up marbles and transfer them to a jar.
92. Go outside and use scissors to give the grass a haircut.
93. Stack pennies as high as you can to make a tower.
94. Put together a Mr. Potato Head toy.
95. Use a water gun to squirt liquid water colors on the sidewalk to paint a picture.
96. Try to trace the outline of a picture with liquid glue by squeezing the glue bottle and following the line.
97. Crumple paper and throw it like a snowball. Then unroll it and smooth it back out.
98. Use a computer keyboard to type the letters of the alphabet in order.
99. Blow up a balloon and then tie a knot in it.
100. Finger paint.
101. Use a marker to connect dots on a piece of paper.