Spring

Ideas for 2-3's

Communication, Language and Literacy

Have a 'Listening moment'

Go outside. No-one is allowed to speak for just 1 minute. Just listen and after the minute has ended, name all the things you heard. Did you hear a bird? A car? People talking? A helicopter? You could write these down in a list for your child and try it again another day. Will you hear exactly the same things?

Snuggle up with your child on the sofa and read their favourite story to them. Can your child name the characters in the story or objects in the book?

Maths

Go on a Shape Hunt!

See how many things you can find around the house that look like a circle or rectangle.

Help your child to spot them, but give them plenty of time to look and think.

Physical

Try some 'Toddler Yoga'

Put on some calm and gentle music, if you haven't got any music, just find a quiet space. Try some of these simple yoga poses and stretches with your child.

See if you can do all 6. Can you repeat them? How long can you stand on 1 leg or point your feet up to the sky for?

If you can get onto the internet safely with your child – try some 'Bear Hunt' yoga' using this link: https://www.youtube.com/watch?v=KAT5NiWHFIU

Emotional and Mental well-being

Hand Massage Time

Take turns with your child to give each other a 'hand massage'.

Rub a small blob of hand cream or body lotion onto your child's hand. Gently rub the back of their hand, make small circles on the palm of their hand and smoothly stroke each of their fingers. Take your time, do this slowly whilst talking to your child.

Now do the other hand.

When finished, let your child give you a hand massage too.

Rotherham Metropolitan Borough Council