



Stay at Home Learning 2021

An Overview of resources to share & links for further ideas

January 2021

Supporting learning at home for children aged 5 & under will look very different to what might be provided for older children in schools. Care needs to be given to how parents and carers will support children and the sorts of resources families might have access to at home. It is important for parents and carers to know that playing, chatting and relaxing together are vital for healthy brains and are the best start for learning. Putting too much pressure on parents to complete activities should be avoided.

On [the Bristol Early Years website](#) there are booklets that can be downloaded and emailed or given to families. Settings may also like to think about a weekly offer of a few activities and videos for families to access. Remember not to overload families with too much at once.

- A few simple learning activities to try at home each week with a clear focus on the prime areas of learning.
- One or two videos on an online platform - story reading, Makaton sign of the week or a song time with actions work well. Children like seeing the key people and practitioners they know and love and it helps them to still feel connected to their setting.
- Use the links below to research further ideas and websites, and share a few with parents and carers each week.

Many settings also make regular telephone or video calls to keep in touch with families to see what learning ideas at home have worked well and check-in with their wellbeing. There are links below to sources of support where families may need additional help.



Resources on Bristol Early Years website that can be shared with parents and carers

	<p style="text-align: center;">Birth to 4 Home Stay at Home Learning A booklet of ideas for Parents & Carers</p>		<p style="text-align: center;">Reception Stay at Home Learning A booklet of ideas for Parents & Carers</p>
	<p style="text-align: center;">Physical Activities to Try at Home for Children Birth to 5 A booklet of ideas for Parents & Carers</p>		<p style="text-align: center;">Exploring Food at Home for Parents & Carers A booklet of ideas for Parents & Carers</p>
	<p style="text-align: center;">Learning Together at Home with Under 5s Helpful tips for parents & carers</p>		<p style="text-align: center;">Getting Outdoors with Children Birth to 5 A booklet of ideas for Parents & Carers</p>
	<p style="text-align: center;">Characteristics of Effective Learning An information leaflet for Parents & Carers</p>		<p style="text-align: center;">Creativity at Home A Guide for parents & Carers</p>



Five to Thrive Leaflet for Parents *Coming soon*



Further Support for Families

Children's Centre Hubs

Links for providers to share for online groups for children and parents together, activities for children and contacts for further family support



North - <https://northbristolcc.org.uk/>

<https://www.facebook.com/northbristolcc>



East Bristol
Children's Centres

East <https://www.eastbristolchildrenscentre.co.uk/>

<https://www.facebook.com/eastbristolchildrenscentres>



SBCC
SOUTH BRISTOL CHILDREN'S CENTRES

South <https://www.southbristolcc.org.uk/>

<https://www.facebook.com/SouthBristolChildrenCentreHub>



Central <http://stpaulschildrenscentre.co.uk/>

<https://www.facebook.com/CentralBristolCC>

Additional Support



Avon and Wiltshire NHS
Mental Health Partnership NHS Trust

Link for parents and carers worried about a child's speech, language and communication

<https://cchp.nhs.uk/cchp/explore-cchp/childrens-speech-language-therapy/services-bristol-south-gloucestershire/family>



Food Clubs

Food Clubs are located in Early Years settings and community spaces in Bristol and are targeted to families who are at risk of food insecurity as a sustainable long-term solution.

[Bristol Food Clubs | Bristol Early Years](https://www.family-action.org.uk/content/uploads/2020/12/Bristol-and-BNES-FOOD-Clubs-DECv3version.pdf)
<https://www.family-action.org.uk/content/uploads/2020/12/Bristol-and-BNES-FOOD-Clubs-DECv3version.pdf>



Resource Bank for Practitioners

Links to activities and ideas and further reading about home learning



Talk & Chat Speech Language & Communication



Chatting & Talking with babies and children

<https://wordsforlife.org.uk/parent-support/chatting-your-baby/>

<https://ican.org.uk/i-cans-talking-point/>

<https://youtu.be/9tDpb66wmIk>

Using games to develop language

<https://youtu.be/PgpddACbPSs>

Free course by speech & Language Therapists for Parents / Carers

<https://youtu.be/IMXrCgvIJTI>

Song time

<https://www.bbc.co.uk/cbeebies/watch>

Makaton & signing

https://www.youtube.com/channel/UCVR4-zug_Upe9pWcz1jRalw

<https://www.makaton.org/>

https://makaton.org/TMC/Free_resources.aspx

<https://youtu.be/PgpddACbPSs>



Playing and Learning

<https://www.bbc.co.uk/cbeebies/grownups/the-baby-club-at-home-top-tips>

<https://www.madeformums.com/toddler-and-preschool/20-amazing-things-to-do-outdoors-with-your-pre-schooler/>

<https://wordsforlife.org.uk/parent-support/playing-your-little-one/>

<https://hungrylittleminds.campaign.gov.uk/#0>

<https://www.bbc.co.uk/cbeebies/grownups/the-baby-club-at-home-top-tips>

<https://www.madeformums.com/toddler-and-preschool/20-amazing-things-to-do-outdoors-with-your-pre-schooler/>

<https://wordsforlife.org.uk/parent-support/playing-your-little-one/>

<https://hungrylittleminds.campaign.gov.uk/#0>

<https://www.science-sparks.com/great-preschool-science-experiments/>

<https://www.bbc.co.uk/cbeebies/grownups/things-to-do-indoors-with-your-children?collection=parenthood-tips-and-tricks>

<https://www.science-sparks.com/science-for-early-years-on-a-budget/>

<https://www.rspb.org.uk/get-involved/activities/birdwatch/>

<https://www.50thingstodo.org/>

Read Together

<https://wordsforlife.org.uk/parent-support/reading-your-child/>

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/hometime-for-your-child/>



five to thrive

The things you do every day that
help your child's growing brain



Bristol Early Years
Teaching School Alliance

<https://www.bbc.co.uk/cbeebies/grownups/making-time-for-books-at-home?collection=parenthood-tips-and-tricks>

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/hometime-for-your-child/>

Stories read by children for children

https://youtu.be/o964_7P2Ur4

<https://youtu.be/ColydOnwiig>

<https://youtu.be/OXgl5aGDGKY>

Learning about number and shape

<https://earlymaths.org/>

<https://family.co/blog/covid-19/helen-williams-maths-at-home/>

<https://info125328.wixsite.com/website/post/two-new-reception-and-nursery-tasks-shape-space-and-measures>

<https://www.bbc.co.uk/cbeebies/watch/number-songs-from-numberblocks>

<https://www.bbc.co.uk/cbeebies/joinin/numberblocks-help-your-child-with-maths>

<https://www.bbc.co.uk/cbeebies/grownups/things-to-do-indoors-with-your-children?collection=parenthood-tips-and-tricks>

Get Physical

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/>

<https://activeforlife.com/activities/>



five to thrive

The things you do every day that
help your child's growing brain



Bristol Early Years
Teaching School Alliance

Going Outdoors

<https://www.southbristolcc.org.uk/wp-content/uploads/2020/05/Outdoor-learning-week-1-Facebook.pdf>

<https://www.madeformums.com/toddler-and-preschool/20-amazing-things-to-do-outdoors-with-your-pre-schooler/>

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/>

<https://activeforlife.com/49-fun-physical-activities-to-do-with-kids-aged-2-to-4/>

Cooking & Growing

<https://www.bbc.co.uk/cbeebies/grownups/cooking-and-baking-with-toddlers>

<https://www.bbc.co.uk/cbeebies/joinin/dualwa-kitchen-safety-hacks?collection=parenthood-tips-and-tricks>

<https://www.bbc.co.uk/cbeebies/grownups/things-to-do-indoors-with-your-children?collection=parenthood-tips-and-tricks>

<https://tasty.co/article/melissaharrison/cooking-with-kids>

<https://www.bbc.co.uk/cbeebies/joinin/dualwa-kitchen-safety-hacks?collection=parenthood-tips-and-tricks>

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/>



five to thrive

The things you do every day that
help your child's growing brain



Bristol Early Years
Teaching School Alliance



Relax Cuddle

Mental health support - Free helpline for people in Bristol Telephone 0800 0126549

Every Mind Matters https://www.nhs.uk/oneyou/every-mind-matters/?utm_source=Twitter&utm_medium=social&utm_campaign=SocialSignIn#SW2

<https://www.bbcgoodfood.com/howto/guide/10-mindfulness-exercises-kids>

<https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>

<https://family.co/blog/covid-19/what-does-quarantine-mean-for-childrens-mental-health/>

<https://www.verywellfamily.com/how-to-teach-kids-about-feelings-1095012>

<https://www.nurseryworld.co.uk/features/article/keeping-children-healthy-indoors-part-1-beds>

Relax & Share a book together

Go on a Bear Hunt! <https://youtu.be/lou5LV9dRP0>

Books online to enjoy read by Nathan & friends

KidsFun Channel – Black Stories read by Black children

<https://youtu.be/-qb8AK8UIGQ>



five to thrive

The things you do every day that
help your child's growing brain



Bristol Early Years
Teaching School Alliance

Additional Links for Teachers and Practitioners

Activities and ideas and further reading for Reception aged children

General learning

<https://www.bbc.co.uk/bitesize>

Literacy

<https://www.booktrust.org.uk/hometime>

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/hometime-for-your-child/>

https://clpe.org.uk/aboutus/news/clpe-launches-new-home-learning-resources-primary-schools?utm_campaign=12014433_January%20Newsletter%202021&utm_medium=email&utm_source=CLPE&dm_i=1RW5,75IE9,Q4RO8O,SYEQ4,1

<https://www.talk4writing.com/home-school-units/>

<https://www.michaelrosen.co.uk/videos/>

KidsFun Channel – Black Stories read by Black children

<https://youtu.be/-qb8AK8UIGQ>

Phonics

<https://www.bbc.co.uk/cbeebies/grownups/the-alphablocks-guide-to-phonics>

<https://monsterphonics.com/home-learning-in-the-covid-19-lockdown/>

<https://home.oxfordowl.co.uk/reading/learn-to-read-phonics/>

Oxford Owl Phonics channel <https://www.youtube.com/channel/UClIFxIfCNYQvsRepWxT7n8A>



five to thrive

The things you do every day that
help your child's growing brain



Bristol Early Years
Teaching School Alliance

Maths

<https://earlymaths.org/>

<https://www.atm.org.uk/Maths-Teaching-Resources/Maths-Snacks-Videos>

<https://earlymath.erikson.edu/why-early-math-everyday-math/big-ideas-learning-early-mathematics/>

<https://info125328.wixsite.com/website/post/two-new-reception-and-nursery-tasks-shape-space-and-measures>

https://wordsforlife.org.uk/virtual-school-library/dive-adam-baron/?mc_cid=1a3d7a5c57&mc_eid=9b01a10a8d

<https://nrich.maths.org/early-years>

Understanding the World

<https://www.science-sparks.com/science-for-early-years-on-a-budget/>

<https://www.science-sparks.com/category/stem-challenges/>

<https://www.rspb.org.uk/fun-and-learning/for-kids/facts-about-nature/facts-about-habitats/urban-and-suburban/>

<https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities/make-a-hedgehog-cafe/>