

Letters & Sounds Ideas and Activities

- Go on a sound walk around your house. What can you hear in each room? Is it a loud or quiet sound?
- Play sound shakers - find everyday items to put into the base of socks. e.g. dry pasta, rice, stones, coins, cereal, buttons, Lego bricks ... fill the toes of 2 of socks with the same items i.e. - put rice in 2 socks, pasta in another 2 socks & coins in 2 more socks. Knot each sock at the top to secure the items inside. Lay out one of each different sound socks in front of the child and the rest in front of the adult. Adult shakes one sock and child shakes their socks to try to find the one that sounds the same when they shake it. At the end of the activity open the socks and see if they've all been matched up correctly. To make this activity harder, use socks that are all identical! To make this game easier put the same items in matching socks. Challenge: can the child guess what's in each sound sock pair before opening them?
- Play 'What's in the Box?' find everyday items from around the house that make a noise e.g. pack of cereal & a bowl, apple, hairbrush, jug of water and a cup, bag of crisps, paper and scissors and hide in a large box. Place matching items in front of your child. Adult makes a noise with one of the items in their box (so the child can't see what you're using) e.g. pours some cereal into the bowl. Child points to the item in front of them that make that sound. To make this harder - don't give your child matching items. To make this easier, if they can't guess the sound correctly, show them what you are doing and let them have a go at doing the same, listening to the sound that item makes and tuning into it. If you don't have a box, you could either peg up a sheet as a screen to hide the items from the child or sit your child with their items under the kitchen table and adult put theirs on top or one of you go behind the sofa with your items or behind a door ...



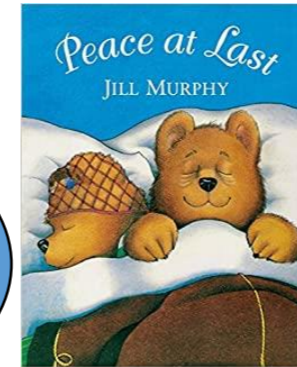
Physical Ideas and Activities

- Get ready for bed by yourself.
- Play the game 'Simple Simon' whilst you get ready for bed.
- Jumping – How high can you jump? How far can you jump?
- How many jumps can you do before you get tired?
- Play timed games - e.g. who can build the tallest brick tower in 10 seconds (using a stopwatch / timer) ... count the number of star jumps you can do in 30 seconds.



Creative Ideas and Activities

- Make a watch or a paper plate clock.
- Make a monkey or bear mask.
- Design your own pyjamas.
- Make little monkey finger puppets to use with the rhyme.
- Build a bed for your teddy.
- Pretend to be an aeroplane like Baby Bear in the story.
- Pretend to be a doctor and make your toys better.
- Look at Van Gogh's 'The Starry night' painting – what can you see?
- Draw or paint a picture of something from the story.
- Sing night-time nursery rhymes e.g. 5 little monkeys, teddy bear, teddy bear, 10 in the bed, twinkle, twinkle



Five little Monkeys Jumping On The Bed



Sign of the week



bed

Literacy & Language Ideas and Activities

- Read your favourite bedtime story together.
- Read a story to your toys.
- Talk to your family about their favourite bedtime stories from when they were younger.
- Get teddy ready for bed and then talk about the order in which you did this e.g. first ...(have bath) next...(put on pyjamas) after ...(brush teeth) then(listen to a story) finally get into bed and go to sleep.



Knowledge & Understanding of the World

- Bath and dress your doll or a teddy – name the body parts and use verbs (e.g. wash, dry, brush, dress, clean, etc).
- Look for the stars in the sky. How many can you count? What else can you see?
- Make hot chocolate. Take photos as you make it of the sequence and then look at them together, talking about how you made it.
- Talk about night and day - talk about day animals and night animals. Can you sort them?
- What do we call animals who are awake during the night?
- sort day clothes and night clothes making sure children can name each item
- Talk about jobs people who help us do at night - police, nurses, doctors, etc.....
- Look out the window at night - what can you see? Repeat in the daytime... what's the same? What's different?



Maths Ideas and Activities



- How many monkeys can you count?
- Count from 1 to 5 and back down again. (1, 2, 3, 4, 5, 5, 4, 3, 2, 1)
- Look at a variety of clocks, stopwatches and timers. Talk about them with your child.
- Look at the numbers on a clock – name the numerals together.
- What time is it? Talk together about the sequence of your bedtime routine.
- Play the game 'What's the Time Mr Wolf?'
- Cut out triangles and stick together to make night-time stars.



Useful Links



<https://www.playdoughtoplato.com/five-little-monkeys/>

<https://www.bbc.co.uk/iplayer/episodes/b00jdlm2/cbeebies-bedtime-stories>

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

<https://www.bbc.co.uk/bitesize/clips/zsshfg8> (Nocturnal animals)