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If you have enjoyed the activities in this booklet, you will love our newsletter! Every two weeks, you'll receive a newsletter with the latest chat, play and read activities, recent news and much more!

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READ ACTIVITIES

Rainy time reading

Cosy book time

Make a shopping list

I can do... book

Twinkle twinkle little star

Books to wind down

SIMPLE, FUN ACTIVITIES FOR CHILDREN

Many little things light up hungry little minds.

Children take everything in. Even the smallest things you do with them can make a big difference to get them ready for the day they start school.



No one knows your child better than you do. Pick and choose the ideas that feel right for you, adapt our activities or even come up with your own.



We know that you are the expert on your child. Some of these activities may take minutes, whereas others may take longer. We want you to enjoy these activities as much as possible so please don't feel pressured by the clock. You can come back at any point. Follow your child's lead.



Use **#HungryLittleMinds** to share pictures and videos of you and your little one doing the activities in this booklet or from small-talk.org.uk. We love to see how families use our ideas all over the country!



DRAW SOMETHING!

Can you draw your favourite place? Why is it your favourite place?

Write your answer next to your picture.

ALL ABOUT ME

Use a piece of paper or card to create a page all about your child. Help them to write their name and draw a picture of themselves along with any other things they want to add.

This could be where they were born, where and who they live with, their favourite toy or game - let your child decide the most important things to them.

(This is an example!)

My name is...



My favourite book is...



**My favourite
story is...**

**My favourite
character is...**

Use paints, pens or even make-up to place a hand and footprint in the boxes. Over time, you can look back and see how much your little one has grown!

Rainy time reading

Reading to your child helps to stimulate their brain.



Looking at books together is a fun activity for you and your child to do on a rainy afternoon indoors and is good for your child's future.



Good to know

Story time is a good chance to get to know your child and how they communicate. When you look at a picture book together, you can see how they react to the pictures and story.

Top tips for book time



**Find a
quiet place**

**Read the
words and
talk about
the pictures**

**Give your
child time to
respond**

**Repeat your
child's words**

**Stop
when your
child gets
bored**



Cosy book time

Children like looking at the pictures and hearing the stories from books.



Finding time each day to look at a book is good for your child's development. It helps them concentrate and learn words. It's also a good opportunity for quiet, cosy time together.

Build a cosy den by hanging a blanket over a table and putting cushions underneath. You can even build a den outside. Sharing a book together in an unexpected place is exciting and children will start to think of books as adventures.

If you can spend some time each day getting cosy with your child and a book, it

Good to know



Reading books together helps develop your child's concentration and focus. Visiting the library can be a social experience for both you and your child. You can also find lots of children's books you can borrow for free.

**DRAW
SOMETHING!**

Use some paper you have around the house to draw what you just read about.

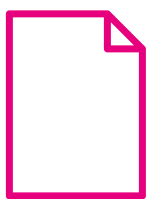
Make a shopping list

This fun activity will help your little one recognise that words have meaning.



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To do this activity you'll need:



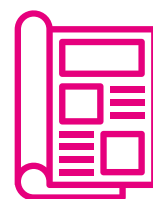
Paper



Child-safe scissors



Glue or sticky tape



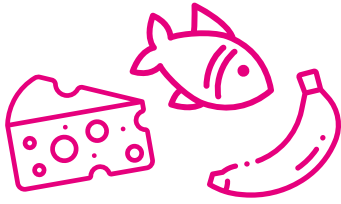
Food magazines or clean, empty food packages



Good to know

Shopping lists are a way for your child to start to make choices, and a way for you to encourage them to talk about their likes and dislikes around food. This helps your child to feel valued and can raise their self-esteem as you are recognising their feelings and choices.

1



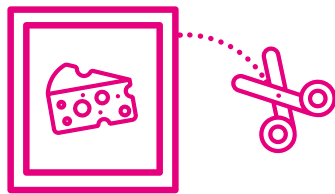
Sit down with your child and start making a shopping list of their favourite foods.

2



Look for pictures of the things on the list.

3



Then cut or carefully tear out pictures and labels and help your child stick them next to the items on the list.

4



When you go to the shops, try to find the items on your list together.

My shopping list...

**WRITE
SOMETHING!**

Use a piece of paper, or your calendar or diary, to write down your own shopping list with your child.

***I can do...* book**

As your child gets older, they can do a lot of things themselves. You can celebrate this with their own book.



Sit with your child and talk to them about the things they can do on their own.

Encourage them to draw pictures of them doing these things. See if they can make shapes or even write letters. Or if you prefer, you can take photos of your child doing their activities.

Put these drawings and pictures into a scrapbook and write descriptions about their activities. You can then look at it together during story time.

Keep collecting things, like tickets, photos and drawings to add to the book.



Good to know

Making homemade books about themselves will help your child feel good and confident, which will help with their lifelong learning.

WRITE SOMETHING!

Use some paper that you have around the house to complete your own *I Can Do* book. You could write or draw within boxes to celebrate things your child can do on their own.

(This is an example!)

I can...

I can...

I can...

Twinkle twinkle little star

You can find different nursery rhymes with music in books. Music is a great way to introduce your child to language at an early age.



Sit with your child facing you and show them how to move their hands so they twinkle like a star. Sing the nursery rhyme to your child and make a diamond shape with your fingers.



Good to know

Music can help boost memory and attention skills. It also lowers stress and can calm a crying child.



**Twinkle, twinkle, little star
How I wonder what you are
Up above the world so high
Like a diamond in the sky
Twinkle, twinkle little star
How I wonder what you are**

**When the blazing sun is gone
When he nothing shines upon
Then you show your little light
Twinkle, twinkle, all the night
Twinkle, twinkle, little star
How I wonder what you are**

**You can have this nursery rhyme as a book available at
www.amazon.co.uk/Twinkle-Little-Star-Kate-Toms/dp/1780657161**

Nursery rhymes with your child

**WRITE
SOMETHING!**

Make a note in your calendar or diary of your child's favourite nursery rhyme and why they like it.

Books to wind down

Looking at books can be a fun, relaxed activity to do every day.



To help build a love for books, you can build story time into your little one's routine. Books can be useful just before bedtime. Looking at a book quietly together can let them know it's time to wind down.

Or it could be in the middle of the day – whenever you think they need some quiet time.

When this is done at the same time of day every day, your child will get used to the routine and look forward to reading.

Try asking: "What's this?" or "Where's Spot's ball?"

Be patient when they answer questions. Encourage them to describe what they see or make up stories based on what they're looking at.



Good to know

Games with sounds help your child learn to listen better, which is useful for when they're ready to communicate.



**You can find more ideas for fun activities
to add to your routine at:**

