

Perform

Sing some nursery rhymes which have opposite themes in them: Grand Old Duke of York, Hickory Dickory Dock, Wind the Bobbin Up, Incy Wincy Spider.

(ELG: Expressive Arts & Design)



Construct

Create a dark den in your house. What happens when you turn a torch on in there? Can you make some shadow shapes with your hands?



(ELG: Understanding of the World)

Read and write



Some words are long (more syllables) and some words are short (fewer syllables).

Sort different objects into long words and short words e.g. cat, dog, hat, binoculars, tyrannosaurus rex, fancy dress costume etc. Try to clap each syllable in the words.

(ELG: Literacy Development)

Move

Practise throwing and catching. Start with a large, soft ball, a rolled up pair of socks or teddy.



As you become more confident your ball could get smaller.

(ELG: Physical Development)

Investigate

Explore different collections of materials that you have around the house that have similar and/ or different properties. Use sentences to explain how the materials feel using words such as soft, hard, smooth, rough etc.

(ELG: Understanding of the World)



Nursery Opposites



Explore

Explore emptying and filling containers (e.g. at bath time) using language of 'full' and 'empty' to explain how much is in your containers.

(ELG: Maths)



Communicate



Listen to your grown ups and use the language 'high' and 'low' to describe the pitch they are making. Can you sing or speak in a high or low pitch? Explore instruments or items that make a high or low pitch sound in your house.

(ELG: Expressive Arts & Design & Communication & Language)



Be Inspired



Speak to your family members about what they like to do and see if you can tell them what you like to do speaking in full sentences.

(ELG: Communication & Language)

Can you think of your own activity, linked to this topic?