

# Ourselves

## Ideas for Parents - Class 5

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### Communication, Language and Literacy

- Practice writing own name using different media, pencils, paintbrushes, chalk and finger in sand or paint. If using a pencil then ensure correct grip.
- Discuss colour of eyes and hair and include the rest of the family.
- Talk about what your hands can do.
- Look at photographs of your child at different stages. Talk about changes.

### Mathematical Development

- Make sure that your child knows how old he/she is and when his/her birthday is.
- Investigate shapes on your face. Draw a face using circles, squares, triangles and rectangles.
- Draw round the hands of different members of your family. Put them in order of size when cut out. Do the same with feet.
- Buy or make a height chart and mark your child's height every birthday or more frequently if you wish.

### Personal, Social and Emotional Development

- Discuss families and how many members there are in your family. Are there any members of your family who need looking after e.g. babies or grandparents? How can you help them?

- Talk about feelings e.g. what makes you sad, happy, frightened, laugh?
- Encourage hand washing, cleaning of teeth and table manners at meal times.

## **Knowledge and Understanding of the World**

- Look at your house and observe any materials used to build it both inside and outside.
- Try to think of some games using your senses.
- Encourage healthy eating and explain the importance of looking after our bodies.

## **Physical Development**

- Discuss with your child that to stay healthy we need exercise, to eat healthily, sleep well and stay clean.
- Encourage physical activities e.g. learning to swim, climbing on apparatus, riding a bicycle or pushing a scooter.
- Play 'Sleeping lions' and 'Simon says'.

## **Creative Development**

- Sing 'If you're happy and you know it clap your hands'.
- Sing 'Hokey cokey'.
- Sing '1,2,3,4,5 once I caught a fish alive'.
- Sing 'Heads, shoulders, knees and toes'.
- Sing 'The grand old Duke of York'.
- Try to paint a self-portrait by looking in the mirror.
- Experiment with paint. Choose two colours. How many different colours can you create from them? Make a stripy pattern to show your results.