



Phase 1

Activities to explore together at home throughout the year.



Activity Name	Activity Instructions
Sharing Books	Children benefit hugely by exposure to books from an early age. Right from the start, lots of opportunities should be provided for children to engage with books that fire their imagination and interest. They should be encouraged to choose and peruse books freely as well as sharing them when read by an adult (not just listening to your child reading their school reading books). Enjoying and sharing books leads to children seeing them as a source of pleasure and interest and motivates them to value reading.
Describing Sounds	<i>Ensure that you use a variety of words to describe sounds during all of the activities. Use opposites e.g. loud and quiet, fast and slow, short and long. Discuss types of sounds e.g. click and crash. Also discuss movements which make the sounds e.g. rock, march, skip, etc.</i>
Listening Walks	Go for a walk or visit different rooms in your house and stay very still and quiet for at least 30 seconds and then talk about the sounds you heard. Ask your child to replicate the sounds using their voice and identify what actually made the sounds.
Drumming	Bang sticks together on different surfaces e.g. a wall, along railings, etc and talk about the sounds. Make some music using the different sounds you create. Bang quietly and loudly. Create rhythms and copy each other.
Lost Teddy	Hide a teddy. Sing a song as your child looks for it, singing louder the closer your child gets or quieter the further away they move.
Object Sounds	Make noises using various objects, such as a crisp packet or a set of keys, ensuring that your child can't see the objects. They have to guess what is making the sound and also replicate the sounds using their voices too.
Describe & Find It	Set up a model farm and describe an animal to your child for them to identify e.g. <i>This animal has horns, four legs and a tail.</i> They can then describe one back. This can be done with so many different toys, such as a doll's house, a zoo, dinosaur land, etc.
Sound Posters	Make a poster of sounds by drawing pictures or using photographs. You could make themed posters e.g. loud sounds, favourite sounds, sounds I don't like, places you have to be quiet, etc.
Enlivening Stories & Rhymes	Involve your child in stories and nursery rhymes by using props, puppets, costumes, instruments, actions, voice sounds, etc.
Nursery Rhymes & Songs	Learn and sing lots of well-known nursery rhymes and songs together. Make actions for certain words. Talk about the rhyming words too. Make up your own versions by changing some of the words.
Instruments	You can use real instruments for this activity or you could make your own instruments together out of recyclable materials. Use them to explore making loud and quiet sounds, copying rhythms, to add effects to stories, to explore movement (tapping for walking and banging for stomping), etc.
Rhyming Books	Share books that rhyme e.g. 'The Gruffalo' and try to think of other words that rhyme with them too. Use the first word that rhymes to predict the second word.
Rhyming Collections	Use objects or pictures to make collections of rhyming words e.g. pictures of a cat, mat and rat.
I Spy	<i>"I spy with my little eye something beginning with..."</i> the adult says this aloud and the child has to guess what the object is by saying things that start with that letter. Perfect for introducing the sounds letters make without needing to recognise the letters.
Tongue Twisters	Learn by heart and have fun with lots of tongue twisters. These are great to introduce alliteration. Alliteration is the repetition of the same sound or letter at the beginning of each or most of the words in a sentence e.g. <i>Squawking seagulls swoop on sunbathers.</i>
Sound Collections	Make collections of objects that begin with the same letter sound e.g. snake, sock, bat, book, etc.

Name Play	Make up fun sentences using the initial sounds of names of friends and family e.g. Dad danced in the dining room.
Mirror Mirror	Explore saying lots of sounds (without actually seeing them written) in front of a mirror and watch what happens to your face, lips and teeth e.g. p, th, sh, m, etc. Also explore what you look like when you blow, suck, wiggle your tongue, etc.
Silly Soup	Use objects and photographs of things that begin with the same sound and put them into a saucepan and stir to make a silly soup!
Voice Sounds	Ask your child to make various sounds with their voices e.g. make your voice go down a slide <i>wheeeee</i> and be a steam train <i>chchchchchch</i> . You could make a cone/trumpet out of paper to say the sounds through.
Story Voices	When sharing books ensure you both talk like the characters when they speak e.g. use a Giant's voice for 'Fee-Fi-Fo-Fum'. You could also repeat stories or rhymes using different voices e.g. whispering, growling, shouting, etc.
Robot Talk	You will need a teddy or alien or robot, etc to support this activity. Have a range of objects or pictures for the toy to say in 'robot talk' e.g. c-a-t for cat. The adult could say the robot talk and the child can say what the toy has said. Together explore how the toy would robot talk the other objects e.g. ch-air, b-r-u-sh, d-u-ck (another activity which plays with sounds without actually needing to see or know them). The toy could ask your child questions e.g. What do you like to eat? Your child can reply in robot talk ch – ee – se, f – i – sh, etc.
Clapping Sounds	Similar to robot talk, clap the sounds in small words e.g. clap each sound in dog 'd-o-g' and then say the whole word.