



## Learning in every day activities

With schools being closed, many parents will be feeling pressured to create school at home. Remember, despite never expecting to be a teacher, you are your child's first teacher and that children learn so much from play and every day activities. Education doesn't have to take place at a desk with paper and pens, look out for learning in every day activities.

### Cooking

Teach your child maths by asking them to weigh ingredients or count ingredients. Cooking is a practical skill which lasts a life time. Cooking together can also be used to teach nutrition and develop a hobby or passion. It can be done as a one to one activity or is perfect family activity.

### Chores

Children love to feel helpful. One or two small chores each day such as putting plates in the sink or taking the dog for a walk helps them develop independence and feel useful.

### Walking

Escape being couped up in the house and use this to talk about nature. Look at the clouds or stars in the evening and talk about how they are formed. Jump in puddles, have fun. Give your child some normality in their life.

### Reading

Encourage some quiet time and develop a love for books. Reading can be a great escape and there are lots of great reads available free online.

### Gardening

If you have no garden use a large container to plant some seeds this is perfect way to talk about the cycle of life, teach your child about the seasons and understand nature. Remember the Australian bush fires. Take this opportunity to show your child how regrowth has started. There are many examples on line. Plant this seed of hope in your child.

### Play

Play is your child's way of learning. Let your child take the lead in play activities and use the opportunity to practice praise. Play is an important activity that strengthens your relationship with your child.

### Music

Share your love of music with your child and learn more about the music they like. Use music to express emotion and to create memories. Repetitive rhymes help build younger children's vocabulary.

