



# Personal, Social and Emotional Development

## This area of learning relates to how your child...



Interacts with others  
Deals with emotions,  
Looks after their personal hygiene,  
Views their behaviour and it's consequences.

## Activities you can do at home

Play games to encourage sharing and turn taking  
Talk about how things make both you and your child feel.

Encourage your child to wash their hands after going to the toilet and before a meal.

Encourage your child to dress themselves and organise their school things each morning.

Encourage them to think about what is wrong and right.

When your child gets upset encourage them to explain how they are feeling.

Explore the names for different feelings and things that may happen to make them feel that way.





# Understanding of the World

## This area of learning relates to how your child...

Explores the world around them,  
Identifies features of their environment,  
Enjoys and participates in festivals relating to their own and other cultures.

Makes comparisons between events in their lives and those of their friends.

Uses computers, phones, remote control toys, MP3s and other technological equipment.

## Activities you can do at home

Talk about your family, culture, religion, where you live. Make comparisons with their friends.

Talk about what you see, hear, smell, taste and touch.

Look at similarities and differences.

Make up questions to find out about a particular topic, eg. Elephant. Then use books or the internet to find the answers.

Encourage your child to look at forms of technology around them, how they work and what they do.





# Physical Development

**This area of learning relates to how your child...**

Moves using large scale movements, running, jumping, climbing,  
Manipulates objects using small scale movements; cutting, drawing, threading,  
Looks after their own health and hygiene,  
Handles toys and equipment safely and sensibly.



## Activities you can do at home

Play ball games  
Go to the park or other adventure play areas.  
Talk about what happens to their body when their exercise, how do they feel afterwards?  
Make some play dough!  
Use water and a paintbrush to 'paint' outside and develop large strokes and movements.





# Expressive Arts and Design

## This area of learning relates to how your child...

Enjoys messy activities, exploring what happens,  
Pretends and role plays things they have seen and experienced,  
Participates in musical and dance activities,  
Talks about models they have made and the reasons behind different parts of the model.



## Activities you can do at home

Role play being at school, going on the bus, being a pilot...  
Make home made musical instruments,  
Use puppets or teddies and dolls to make up stores,  
Use old clothes, shoes, hats etc to make a dressing up bag.  
Use old boxes to create models- you may be surprised at what your child creates!  
Sing and create your own songs and rhymes.

