

EYFS · PRE-K / RECEPTION / K

EYFS Home Learning

30 activities (no worksheets)

A note for families

Welcome. Below are 30 simple things you can do at home that will genuinely help your child learn. NONE of them are worksheets, and that's deliberate. Reception-aged children learn through PLAY, CONVERSATION, and EVERYDAY EXPERIENCES. The best 'homework' at this age is NOT extra writing or sums. It's the things below — and most of them you might be doing already. Don't try to do all 30. Pick what fits your week. Even 10 minutes of these per day is excellent.

Talking and listening (10)

#	Activity
1	Read a book together every day. Even 5 minutes.
2	Talk about your day at dinner. What was good? What was tricky?
3	Tell stories together — make them up. Take turns adding sentences.
4	Sing songs in the car. Nursery rhymes are gold.
5	Play 'I Spy' with first sounds — 'I spy with my little eye, something beginning with sssss'
6	Talk during everyday tasks — narrate cooking, shopping, gardening.
7	Ask 'why?' and 'what if?' questions. Listen to their theories.



#	Activity
8	Put on funny voices when reading stories. Children love it.
9	Listen to audiobooks — Audible, BBC Sounds, library apps. Free options exist.
10	Have a 'phone-free' meal once a week. Just talk.

Counting and number (10)

#	Activity
11	Count stairs as you go up and down
12	Count items as you put them in the shopping trolley
13	Make groups when sorting laundry. 'How many socks?'
14	Count steps on a walk. 'Let's see how many steps to the post box.'
15	Cook together — measuring, weighing, counting cups
16	Use number names everywhere — 'we have 3 plates, 4 forks'
17	Play card games — Snap, Pairs, Uno
18	Roll dice and count the dots. Don't make them count one by one.
19	Spot numbers in the world — house numbers, bus numbers, prices
20	Build with Lego/blocks — pattern, shape, size talk

Hand strength and writing (5)

#	Activity
21	Help cook — kneading, mixing, peeling, chopping (with safe tools)



#	Activity
22	Tearing paper, sticking with glue, cutting with scissors
23	Threading beads, lacing, doing zips and buttons themselves
24	Drawing — anything. A picture of family. A car. The house.
25	Writing their name in different ways — sand, paint, mud, foam

World and curiosity (5)

#	Activity
26	Visit a park, woods, beach. Notice nature. Bring something home.
27	Visit the library. Free, social, full of books.
28	Watch the weather. Notice clouds, wind, rain.
29	Plant something — seeds, bulbs, even just an avocado pit
30	Look at family photos and tell stories. Identity-rich.

What to AVOID

WORKSHEETS for 4-5 year olds. They're too narrow, too sit-still, and they reinforce the (wrong) idea that learning means writing. Reception children should be moving, talking, exploring.

FLASH CARD DRILLS for letters or numbers. They produce shallow recall, not deep learning.

PRESSURE. Don't make any of this feel like a test. If your child resists an activity, drop it. Try again another time. COMPARING SIBLINGS. 'Your sister could read by now.' Different children develop different things at different times. WORRYING. If you're worried, talk to the teacher.

They are very used to questions and want to help.

If reading isn't 'clicking' yet

Don't push. Read TO them. Lots of stories, every day. Talk about what's happening. Make it joyful. Reading 'clicks' for different children at different times. Some are reading by 4. Some are reading by 6. Both are normal. The biggest predictor of becoming a reader is whether the child



loves stories. Maintain the love. The skill follows.

