

Daily tips for Learning at Home – Number XYZ



Handy Hands



We all use our hands to do lots of things but how often do we stop to think about how handy our hands really are?

Young children are fascinated by their hands and through play they learn to use them in so many different ways.

You can have fun with your child exploring different ways of using hands and they will begin to understand just how important their hands are.

What do I need?

- At least one pair of hands
- Pen, pencil or crayon
- Bubble wrap
/sponge/facecloth/
playdough
- Paint (if you have it
but if not, water will
do)
- Soap

What will we learn from this?

- Hand-eye coordination
- Expressing emotions
- Body awareness
- Personal hygiene
- New vocabulary
- Sense of rhythm

What do we do?

Clean hands – Talk with your child about how important it is to have clean hands. Remind them of how to wash their hands properly whilst counting to 20. This song might help:

<https://www.youtube.com/watch?v=S9VjeIWLnEg>

Strong hands – Provide your child with opportunities to make their hands stronger, such as playing with playdough, squeezing sponges or bubble wrap to make it pop!

Kind hands – Talk with your child about how hands can be used in kind ways, such as stroking pets, holding hands, waving to friends, clapping and using them in helpful ways

Creative hands – Make handprints with your child. If you don't have paint, you can use water then watch it dry and disappear.

Help your child to draw around their hands using a pen, pencil or crayon. They could then decorate their 'hands' with different patterns.

Musical hands – Sing 'If you're happy and you know it clap your hands' with your child. The words can be changed to include hand actions in each verse, e.g. clap your hands, pat your knees, rub your tummy, wave your hands, shake your hands, pat your shoulders, hide your hands.

How can we take it further?

Handy Words – Does your child know the names of the different parts of their hands, such as fingers, nails, knuckles, and palms? They will learn these words if you use them as you play and talk together.

Clapping rhythms – Use hands to keep in time to the rhythm of songs by clapping, patting, shaking etc. To begin with, you can take the lead then your child can lead, deciding on the actions.

Play & talk together
Be careful with too many questions

Pause and wait for your child to respond
Copy what they say and add to it