

Pack my Bag

Pack a bag together with all the special things needed for nursery or a trip

You will need

- Items needed for nursery or a trip (spare clothes, water bottle, special teddy, snacks)
- Items not needed (toothbrush, pet food)



! Why this activity is important

- Preparing for something new in your child's life by talking about it reduces their feelings of anxiety of the unknown.
- Finding items which are special to your child to take into new situations can comfort them.



Playing together

- Talk to your child about things they might need to take to nursery or a trip out of the house.
- Share each of the items your child might need as you pack their bag together. Talk about the items as you pack them.

These are your special shoes for nursery.

- If your child is ready you can make this a sorting activity. Place all items in a pile and then ask your child to sort them into their separate groups, one pile for nursery and one pile of items not for nursery.

What's this? Do you need this for nursery?

Journey to Nursery

Create a map of your journey to nursery

You will need

- Paper, pens and cardboard boxes
- Photos or drawings of landmarks you pass on the way to nursery

! Why this activity is important

- Talking about the journey to nursery helps to reduce children's anxiety about new experiences, and creating a map encourages children to think of it as an adventure.
- Sequencing the journey helps your child to build up a sense of what happens first, next and last, which are important skills when they are learning to read and retell stories.



Playing together

- Stick together big sheets of paper to make a map on the floor. Draw a road or pavement with spaces on the edge to stick photos of landmarks you pass on your way to nursery or make buildings out of cardboard boxes.
- Start with your house at the left hand side of the paper.

Here is our house. This is where we will start when we go to nursery.

- Place the nursery at the other end of the paper to how where the map finishes.

Look, here's nursery. The bit in the middle is what we will pass when we go to nursery.

- Go through your map, placing photos or boxes onto the paper and talking about each place.

Here's the shop where we get your cereals from...

- Make sure you include special sequencing words such as 'next, after that, last bit.'



I Choose

Provide opportunities for your child to make choices and say what they prefer



You will need

Examples of when choices can happen:

- Mealtimes, getting dressed, playtime, TV time, going shopping
- Real objects for making choices (or pictures drawn on paper)



Why this activity is important

- Making choices helps your child build up an understanding that they can make decisions and are able to make their choices known to you. Acting on their choices builds up self-esteem.



Playing together

Some of the choices you may like to include could be:

- **Clothes to wear:** Allow some thinking time for your child to choose and then make sure you put their chosen top on them!
Which top would you like to wear today, this blue one or this green one?
- **Snacks:** *You can have chopped up apple or breadsticks. Which one do you want?*
- **Storytime:** Choose two books and show them one at a time to your child, telling them the title. Place both in front of your child and ask them which one they would like to read. Give them time to look at them both and make their choice.
- **TV time:** Show your child two pictures of their favourite programmes to help them choose which one they want to watch.