



Activities to get your child ready for starting Nursery



Starting Nursery can be a big step for some children. Here are a few activities you can easily do during a daily routine with your child that are not only fun, but can foster important skills that your child will need.



- **Make Spaghetti Letters**

Cooking is a great place to start, since it teaches kids to follow directions. Make some spaghetti and form letters of the alphabet out of the spaghetti strands. This way you can teach them while getting them fed!



- **Categorize Everything**

After shopping, sort items into categories such as produce canned goods and boxed items. While setting the table or unloading the dishwasher, a toddler can group utensils (nothing sharp), cups, bowls and plates.



- **Play Simon Says**

Playing "Simon Says" with your child will be a benefit, as they would begin to develop key skills in listening and following directions.



- **Have Fun With Laundry**

Have your child help you sort and match whites, colours and darks, or sort and match socks or items by color. This repetitive task helps kids with identifying patterns and colours.



- **Ask "How Do You Feel?"**

Find or create a feelings chart of emoticons for your child to express how they are feeling before talking about it. Being able to express emotions and give a verbal explanation is important. Children who can verbally express feelings use appropriate behaviours in the classroom.



- **Build a Sensory Bin**

Kids love to get their hands into things, and a sensory bin of oatmeal and salt is the perfect way to hide little toys or cars for them to find. This fosters a sense of exploration and hand-eye coordination





- **Colouring and drawing**

Colouring is a classic nursery activity, so purchase a colouring book or find free printable pages at sites like Crayola. Encouraging your child to stay within the lines develops fine motor control. When your child chooses a crayon, ask her which colour it is and teach her if she doesn't know.



- **Signs**

Take a walk or drive and have your child look for signs that start with different letters. You can write out the alphabet or part of the alphabet and have him point to the letters he sees and match it to his sheet of letters.



- **Scissors**

Whoa, toddlers and scissors? Yes! Find a pair of nursery-safe scissors and give kids a ball of play dough to experiment with. This helps build fine motor strength and control.



- **Learn the Five Senses**

Show your child several objects, then put one into a tube sock while hiding the rest. Have the child feel it and figure out by touch what it is. Same for smell -- have her close her eyes and smell something and tell you what it is. Explain the five senses while doing this.



- **Following Instructions**

Make sure your child can follow a one-step direction. Challenge then with a two or three-step instruction. Make it a silly game by saying something like, "Get your teddy bear, get a tissue and have him blow his nose."



- **Make a Balance Beam**

Make a child-safe balance "beam" in your garden or patio. See if your child can hop or step only on the path you set, which helps to develop large muscle control and balance.



- Read stories to your child, share stories, sing songs (nursery rhymes) talk about anything and everything.



- Support your child to be independent, teach them how to open and undo fastenings, put on and take off jumpers, coats, socks and shoes.

- Support your child to be independent with using the toilet, there is some useful support on the following websites:



<https://www.bbc.co.uk/cbeebies/grownups/sit-your-botty-on-the-potty>



<https://www.babycentre.co.uk/x1053512/how-can-i-potty-train-my-child-in-time-for-starting-preschool>

