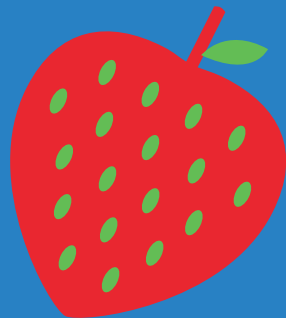


The logo features the letters 'B B C' in white inside three yellow squares, followed by the word 'CBeebies' in a bold yellow font, and the word 'PARENTING' in a smaller yellow font to the right.

BBC CBeebies PARENTING

SUMMER FUN ACTIVITY PACK



Skills for starting nursery and school

Check out the CBeebies Parenting and Hey Duggee activities in this pack.

These activities have been designed to develop some of the skills that your little one will find helpful when they start nursery and school.

Have fun learning and practising these skills with your child, to help grow their confidence and independence ahead of starting their new adventure.

Scan here
to enjoy more fun activities together!



Can you help Duggee get dressed for the beach?

SKILL: Supporting your little one with how to get dressed for the day can help develop their independence.

WHY: Talking about getting dressed is a great opportunity to introduce your little one to new words.

HOW: Help Duggee to get dressed for the beach. Point to each item of Duggee's beach outfit and talk about where it goes on his body, e.g. "His hat goes on his head."

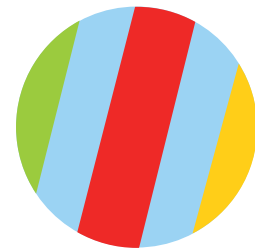
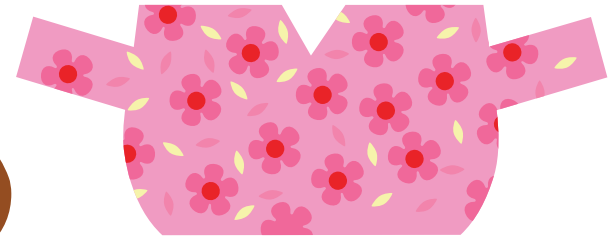
Draw a line from each item of clothing to where they go on his body.

TOP TIPS

Talk about the type of summer clothes you wear when you go outdoors, what they feel like and where they go on your body, e.g. "your sandals go on your feet".

You can also count the items as you get dressed, e.g. two sandals, one t-shirt and one sun hat.

Duggee's Beach Outfit



Song: Head, shoulders, knees and toes

SKILL: Songs and nursery rhymes are a great way to develop little ones' language skills.

WHY: Singing songs with actions helps little ones build their vocabulary and connect actions with words.

HOW: Sing the nursery rhyme 'head, shoulders, knees and toes' whilst doing the actions of pointing to each body part as you sing the words.

Head, shoulders, knees and toes

Head, shoulders, knees and toes,
knees and toes

Head, shoulders, knees and toes,
knees and toes

And eyes and ears and mouth
and nose

Head, shoulders, knees and toes,
knees and toes

Action: Repeat 4 times, getting faster as you go



Making faces game

SKILL: Recognising and expressing emotions can help your little one to build relationships and develop their communication skills.

WHY: Making faces with your toddler helps them to express their feelings and learn new words.

HOW: Take turns making or drawing faces with your little one. You can make a happy, sad or surprised face.

See if your child can guess the different emotions, then let them have a go. If they show you a happy face, ask them “What makes you feel happy?”

TOP TIPS

Talking about your own feelings can be a great way to help children understand different emotions.



Order it: The Tooth Brushing Game

SKILL: Brushing teeth is a key part of establishing a healthy routine for your little one.

WHY: Helping your child to brush their teeth twice a day is a great way to teach them how to follow simple instructions.

HOW: Put this tooth brushing routine in order. Point at and talk through each action and decide which order each stage happens.

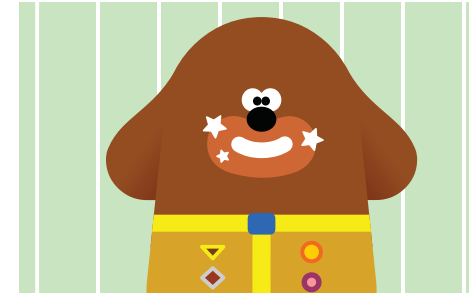
We'll help you get started, first you 'Rinse your toothbrush' and then you need to...



Brush teeth



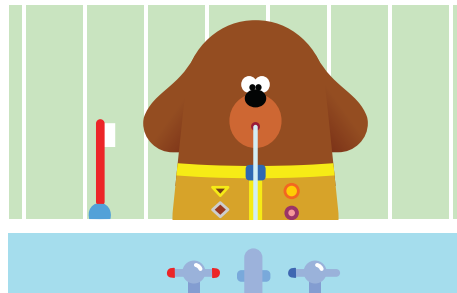
Rinse brush and put back



Done!



Rinse toothbrush



Spit after 2 minutes



Squeeze on toothpaste



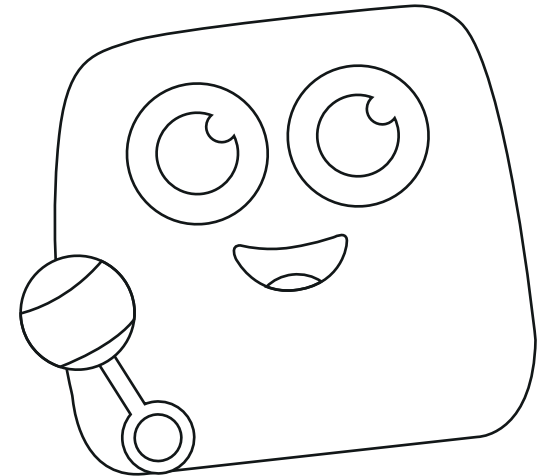
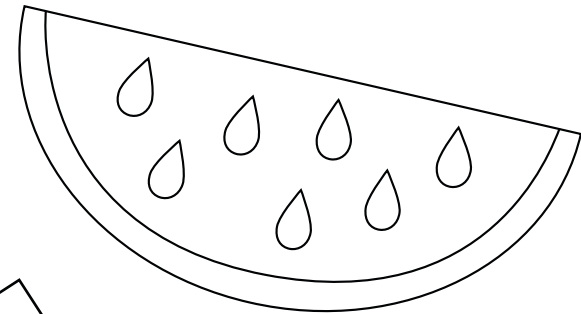
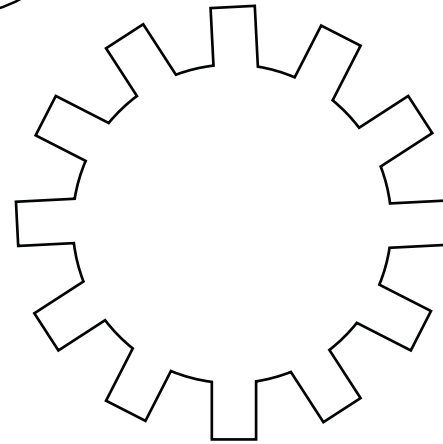
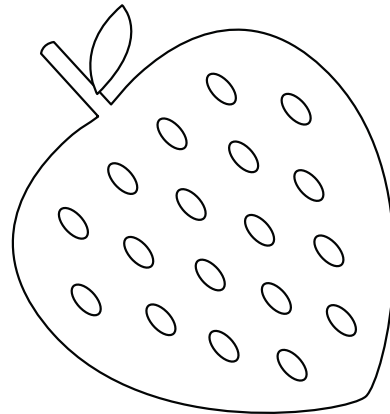
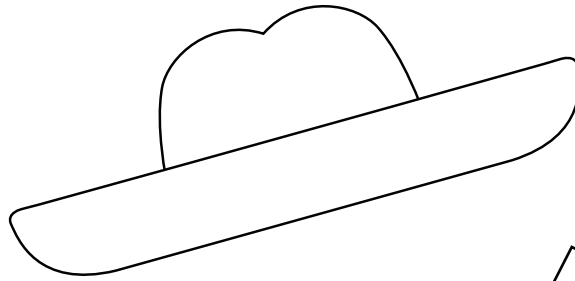
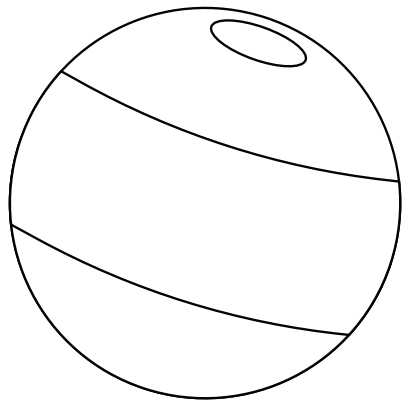
Summer Activity Fun!

SKILL: Colouring in helps to develop your little one's grip, hand-eye coordination and fine motor skills.

WHY: Creative activities allow your little one to think imaginatively. Ask them to describe what they've done.

HOW: Help your little one to use a pencil or crayon to colour in the shapes. Name each item and talk about them.

Colour
me in!



BBC CBeebies PARENTING

Here when you need us.
Supporting families from day one to the first day of school,
with trusted expert advice and free, fun activity ideas.

bbc.co.uk/cbeebies/parenting

@cbeebies



@cbeebieshq

