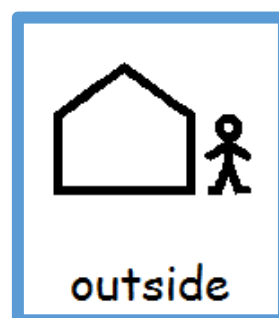
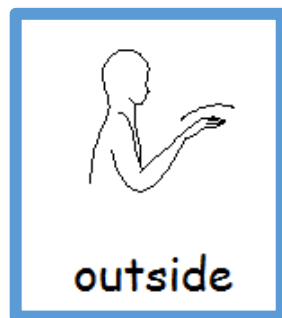


Communication and Language Leaflet

December 2021

Focus this month:

Talking Outdoors



Why is talking outside important?

Communication - The sensory experiences provided by being outdoors and exploring nature help language development. Improving communication and language skills has a positive effect on a child's self-esteem and is a crucial part of their development.

Social skills - Activities such as sharing and participating in play help teach children to work together and take turns, which strengthens their relationships.

Confidence - Exploring outdoors, whether it is a small grass area or local woodland, helps children to gain confidence as a result of the freedom, time and space they are given. This allows them to demonstrate independence at their own pace.



Talk

Talk about what you are making with your child. Don't be afraid to say it again and again.

This means that:

- Your child hears the word enough times to work out which object or action it goes with.
- Your child hears the word in lots of different situations.
- Your child will have a go at saying it, but may need to hear it a hundred times first!

Outdoor activities to promote talking:

- Go to the park
- Draw in the mud
- Find leaves of different colours
- Make mud pies
- Jump in puddles
- Roll down hills
- Make obstacle courses
- Collect objects to make a crown or a wand

Getting Ready To Go Out

Children love to do things for themselves; they also love to help! Encourage them to put on their own shoes, coats, hats, scarves etc.



Strategies

Be face to face with your child.

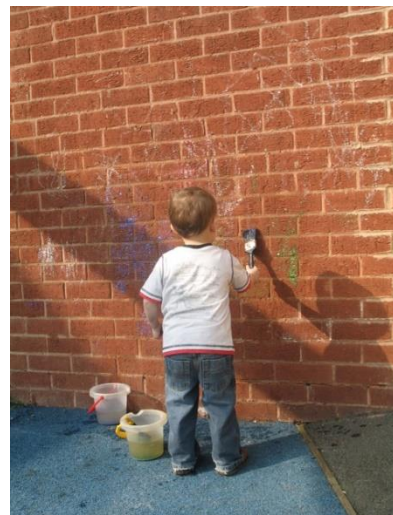
Observe what your child does.

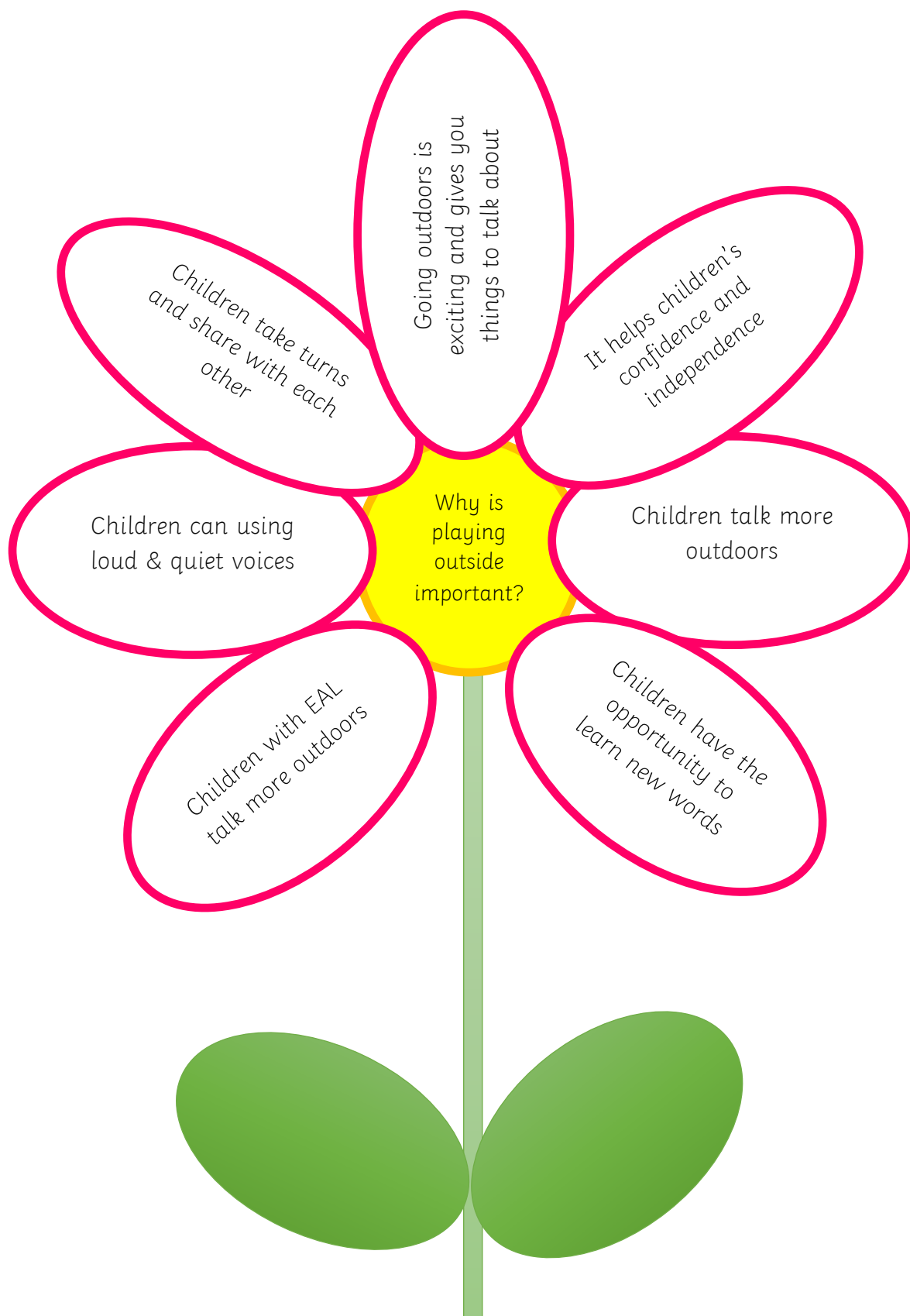
Wait for your child to respond after you have done or said something.

Listen to your child while they speak.

Comment

Comment on materials and textures you find when out in the woods use describing words such as dirty, squidgy, tiny, soft, hard, rough, brown, green, crunchy, cold etc.





Let's Talk about

The park or outside is a great place to talk about what your child is doing. Why not try some of these ...

Climb

Swing

Jump

Wait

Slide

Walk

Run

Skip

Hop

Chase

Fun

Push



Balance

Throw

Catch

Kick

Dig

Fall

Lift

Play

Ride

Stand

Smile

Laugh

Dangle



Action words

You could make a...

petal
potion

mud
pie

cake with
grass
sprinkles

garden
soup

Let's get messy in the Mud kitchen



Try using these
action words
while you play

dig

mix

stir

pat

sprinkle

scoop

crumble

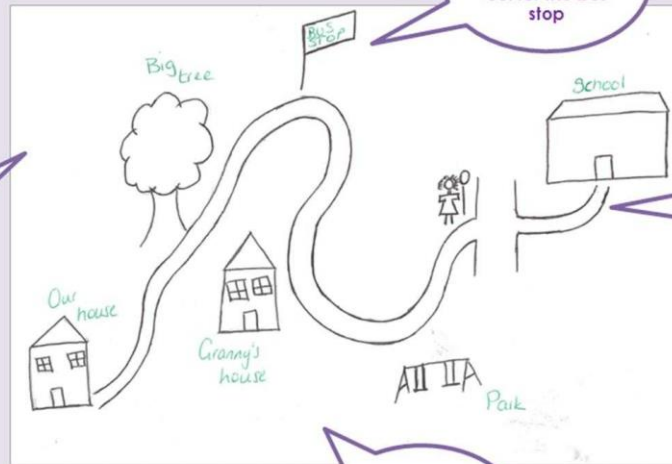
pour



Challenge

Talk about what you can see on your way to school

First we've got to look for the big tree



Next we've got to look out for the bus stop

Wait for the lollipop person to help us cross the road to school

We go past Granny's house then the park

Try ...
Drawing a map together to help to remember what you are going to see next or how far you have to go

Talking
Tuesday!



Have fun mark-making together!

You can talk about...

- How the paint feels
- What the child is drawing
- Your child's movements
- What your child is doing with the paint/water/mud.



That paint is runny!

dab, flick, splash!



Up and down,
side to side

I wonder what will happen to your picture when the water dries ...

I like your space ship!

Talking
Tuesday!

Snowy-Day Activity Ideas

Investigate snowflakes – can you find two that look the same?

black tray or black paper, magnifying glass



Create snow art.

paint or food colouring, paintbrushes/pipettes



Build an igloo. Then, sit inside with blankets and a warm drink.

blankets, warm milk or warm hot chocolate



Make snowballs of different sizes. You could attempt to build a snowball tower or throw snowballs at a target.



Instead of a mud kitchen, create a snow kitchen!

pans, bowls, cups, spoons, whisks



Melting challenge – collect cups of snow and attempt to either stop the snow melting or make the snow melt as fast as possible.



Build a snowman, snow child, snow animal or snow building.

hat, buttons, carrot, natural materials, ribbons, clothing



Explore making footprints in the snow and create different footprint trails.

shoes of different sizes and with different soles



Create snowcastles.

bucket, spade, windmill



Try mark making or writing in and on the snow.

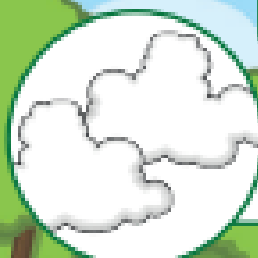
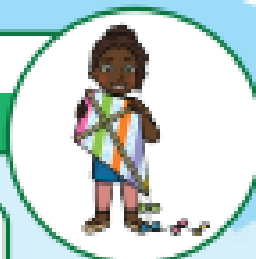
feet, sticks, giant paintbrushes, pom-poms, lolly sticks



Windy-Day Activity Ideas

Make and fly a kite.

tissue paper, straws, string, tape



Watch the clouds racing across the sky.

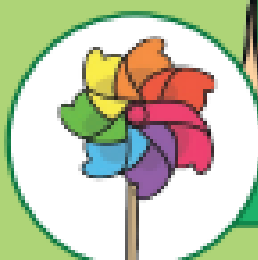
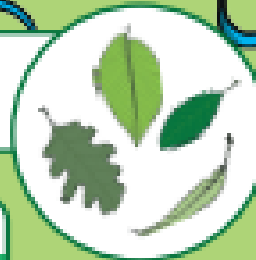
Create wind wands.

sticks, tinfoil, ribbons, tape



Explore the force of the wind – run with and then against it!

Explore how leaves of different sizes and shapes fall in the wind.

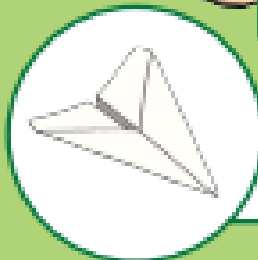


Make windmills.

card, pencil crayons, split pin, straw

Explore wind direction.

bubbles, flying discs, streamers, paper plates



Make paper planes or paper helicopters to fly in the wind.

Have ball races – which ball gets blown the furthest by the wind?



Create a wind chime.

string, tape, bottle tops/shells/keys/old CDs

Frosty-Day Activity Ideas

Go on a hunt for a frosty spiderweb. Then, create your own spiderwebs.

string, sticks, tape, outdoor chalks



Turn your water tray into an ice world tray. Add blue ice cubes and freeze sea creatures in the water.

blue paint or food colouring, ice cube tray, plastic sea creatures

Create some frozen art! Place natural materials in tubs of water with string. The next day (once they've frozen), hang them on trees.

tubs, string, leaves, pine cones, twigs



Explore different ways of melting the frost. How could you melt a frozen puddle or a leaf?

cold water, warm water, gloves, sunshine

Go on a sound walk. Can you hear crunching as you walk or a dripping sound as the frost begins to melt?



Do some frosty writing. Use different mark-making tools to make patterns, write or draw on the frost.

sticks, paintbrushes, lolly sticks

Feed the birds – when the ground is frozen, it is tricky for birds to find food. Create your own bird feeder to put outside.

empty yoghurt pot, string, suet, raisins, bird seed



Create frosty trails and paths in the frost.

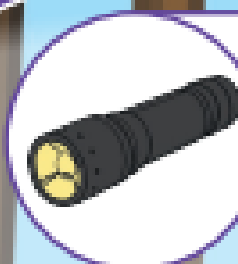
ice scrapers, brushes, warm water in spray bottles or watering cans

Investigate your breath – what happens when you breathe out, on a window or onto a blade of grass on a frosty day?



Go on a frosty walk. What signs of frost can you see? Look for frost patterns, frozen puddles and frosty grass.

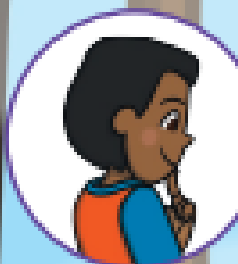
Foggy-Day Activity Ideas



Light up the way – investigate and compare what you can use to help you to see better in the fog.
torch, head torch, flashlight, glow-in-the-dark toy, fairy lights

Explore the **effects of fog** on different materials by first feeling them then leaving them outside in the fog and then feeling them again.

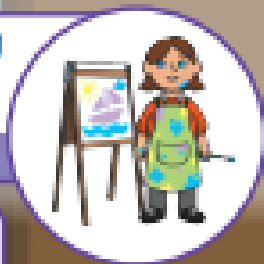
paper towel, cotton wool, piece of clothing, baking tray, wooden spoon, plastic plate



Play a game of **'I Spy'**. Name items that you can normally see in your outdoor space. Due to the fog, can the children see them or not?

Create some **foggy masterpieces!** Set up painting easels and challenge the children to draw what they can see. How will they show the fog?

painting easels, paintbrushes, paints/chalks



Create a **foggy day washing line**. Hang clothes onto a washing line, shine a torch towards the washing line and discuss which clothes are the most/least visible.

string, pegs, torch, white and black clothes, high-visibility and reflective clothing



Go on a **safe senses walk**. If it is safe to do so, go on a foggy day senses walk outside. When you can't see clearly, what other senses can you use to help you?



Discover together whether fog **alters sounds**. Play instruments, use voices or make body sounds, such as clapping and stamping.

musical instruments



Take **foggy photographs**. Take photos of the fog then look at the photos and discuss what you can and can't see because of the fog.

cameras or tablets



Play **hide-and-seek**. Fog makes this popular game even trickier than normal! (Please only play this game if you decide it is safe to do so.)

Sunny-Day Activity Ideas



Investigate shadows – create shadows with toys or draw around someone's shadow.

chalk, small toys



Try melting ice. Freeze small toys in tubs of water. Explore how to free the toys from the ice.

freezer, tubs, small toys (small world vehicles)



Create a den to provide shelter from the sunshine.



Play with water.

squirty bottles, watering cans, hosepipes

Have a teddy bears' picnic. Have lunch or a snack in the shade outside – don't forget to invite the teddy bears!



Create a fan to cool down.

paper or card, crayons, lolly sticks

Paint with water - you could paint on the walls, the floor, on natural materials or large pieces of paper.

paintbrushes, leaves, sticks, paper



Create your own beach and make sandcastles.

large activity tray, sand, buckets and spades, shells

Find a shady spot under a tree and read your favourite books.

books



Wash different objects and dry them in the sun.

water, sponges, toys, clothes, play cars, washing line and pegs

Rainy-Day Activity Ideas



Sing rain songs or make up your own.
Then, sing and dance in the puddles.



Make the rain flow in different directions and catch it.

guttering/pipes, bucket



Sit under a covering and listen to the rain.

parachute, tarpaulin, large umbrella



Mix things into puddles.

paint, washing-up liquid, cooking oil with food colouring



Collect the rain.

containers of differing sizes and shapes



Draw around puddles – compare sizes or observe how they shrink/grow.

chalk



Play in the mud. You could create mud pies or make tracks in the mud.

bowls and spoons or plastic vehicles



Explore floating and sinking in puddles.

petals, grass, sticks, stones



Create rain art.

card, watercolour paints, paintbrushes



Build bridges over puddles.

construction materials (such as building blocks or sticks)