

Activities Curriculum Plan for Early Years Foundation Stage – What Do I Know About Me?

Personal, Social & Emotional Development

- **Adult Led Focus** – Provide small mirrors and face templates. Ask the children to add their features using the mirror for guidance;
- **Adult Led Focus** – Put the names of everyone on to a family tree. Talk about how we are all linked together;
- **Indoor Continuous** – Ask the children to bring in photographs of themselves and take some current shots of the children and ask them to verbalise or write down any changes they see between the two pictures;
- **Outdoor Continuous** – Play 'Who Is It?' Hide a child and see if the others can guess who is missing.

Communication & Language

- **Adult Led Focus** – Laminate and use editable speech bubbles as an enhancement to story time. Ask the children to think about the characters and what else they might say and how they might feel at different parts of the story. Write on the speech bubbles and blu-tack them into the book.
- **Indoor Continuous** – Provide a puppet theatre so that the children can re-enact the stories with puppets;
- **Indoor Continuous** – Provide books in the book corner: 'Stick Man'; 'Funny Bones'; 'There's a house in my mummy'; 'Ten Little Fingers'; 'Ten Little Toes' and 'The Baby Who Wouldn't Go to Bed';
- **Indoor Continuous** – 'Garden Allotment' role play area.

Physical Development

- **Adult Led Focus** – Sing and play action songs such as "Head, Shoulders, Knees and Toes";
- **Adult Led Focus** – Draw around each other's/own hands and make a family of fingers on them;
- **Indoor Continuous** – Provide face play dough mats for children to add features to.
- **Indoor Continuous** – Encourage children to wash the baby/baby clothes and dry them on the line;
- **Outdoor Continuous** – Play "Simon Says" and relate it to doing things with different body parts.

Literacy

- **Adult Led Focus** – Use an 'Emotions Word Mat' to complete "_____ makes me ...";
- **Adult Led Focus** – What sound does your name start with? Can we write it?
- **Indoor Continuous** – Provide a body outline and word cards for parts of the body and ask the children to copy the words and label the parts of the body;

Mathematics

- **Adult Led Focus** – Measure each other's height and make a display of the different lengths to see who is the tallest and who is the shortest;
- **Adult Led Focus** – Make a cake or dish from a family recipe, measuring ingredients;
- **Indoor Continuous** – Parts of the body "Snap!";
- **Indoor Continuous** – Provide a number line of vegetables in the 'Garden Allotment' role play area.

Understand the World

- **Adult Led Focus** – Create a 'Thinking Tree'. Ask the children to think about how they would like to learn about a part of the body and add to the tree as drawings/writing;
- **Indoor Continuous** – Parts of the body matching and labelling activity;
- **Indoor Continuous** – Create a senses table;
- **Outdoor Continuous** – Discuss how we care for the world. Encourage the children to use the class recycling bin.

Expressive Arts & Design

- **Adult Led Focus** – Make split pin bodies with the children and talk about how your bones can move because muscles push and pull them;
- **Indoor Continuous** – Provide emotions and family member colouring sheets;
- **Outdoor Continuous** – Make paint prints of feet.