

People Who Help Us Week

This week traditionally in Nursery we would look at and discuss 'people who help us' as a topic. This is an opportunity to look at the people in our society and our lives that help us. This is especially poignant this year as many professions have been highlighted as helping us.

Take time with your child to think about people who help them. They will start with Mum and Dad for certain, but really ask them to explore who else helps them. Doctors, nurses, teachers, caretakers, dustbin collectors, post-delivery people, shop assistants, dentists, opticians, fire fighters, and the police service the list is endless! You could write them on a piece of paper - this is a great opportunity for your child to watch you write and identify letters.

If you have any dressing up costumes from any of the professions create a role play area or scenario such as teddy bear hospital or health centre. Give your child pens and paper to make notes about teddy's condition. You could make a costume, a stethoscope, a hospital bed from a box. Or for Fire-fighters, you could make a pretend fire engine from a box and a hose from an old piece of hose pipe and rescue a toy cat from a pretend tree. Involve your child in the play scenarios and use both your imaginations. Encourage lots of talk and discover new vocabulary.





The opportunities for role play are endless - any old t-shirts can be made into costumes. You do not need to spend lots of money at shops to buy them.

Create as many mark making opportunities as you can - make signs for waiting areas, telephone messages, make maps for Fire engines and Ambulances to follow, etc. Chalk roads onto paths for toy cars to drive along.

Play with water outside - putting out a 'fire', float boats in a paddling pool and pretend to be the coastguard.

Set up a pretend garage and fix cars or bikes. Use plastic tools or if supervised real tools, which are not sharp.

Using junk modelling make an ambulance, fire engine, police car or a bus. Decorate it with paint or items to stick.

These activities can be revisited endlessly - these do not need to happen once. Create an area and if you need to pack it away at the end of the day but set it up again the next day. Your child will become more confident with the role play scenarios and use their imagination and their play will become more in-depth if the role play is able to continue for a sustained period of time.

This is also an appropriate time to introduce to your child what they should do in an emergency. It is not to scare them but it is to equip them with the knowledge of who to call if they ever needed help. We always stress to the children that they should only call 999 in an emergency. If you have older children you may wish to talk to them too about these important matters.

By completing this activity with your child you will cover the following areas of the EYFS

Physical development (mark making/writing, junk modelling, putting on costumes - fine motor skills and gross motor skills), **Communication and Language development** (conversations and listening skills, new vocabulary), **Expressive Art and Design** (junk modelling, role play imagination). **Exploring the world** (different professions, transport)