



YOUR **BBC** BITESIZE HOME EDUCATION PACK

Welcome to your home education essentials!

This free home education resource pack for children aged 2 - 5 has been developed by BBC Bitesize with insights from education professionals. It offers support for parents and carers who are educating their little ones at home.

In this pack you'll find practical tools like activity ideas, lesson suggestions, a reward chart and much more! You can either use these resources on a laptop or print them out to share with your child.

We believe in continuous improvement, and we know that every home educator's needs are unique. So, if you have suggestions, adjustments, or ideas to make our resources even better, we'd love to hear from you. Feel free to contact us at bitesize@bbc.co.uk.



As you move through the pack, you will see some QR codes. Give them a scan to take you to some amazing resources.



HOME EDUCATION HACKS

TOP TIPS FOR HOME EDUCATORS

Establish a routine

Routines can help young children feel safe, build healthy habits and help home educators manage stress. Whether it's factoring in bath time, bedtime or a lunch break, routines can help make home learning easier.

Create a timetable

We know that juggling being a parent/guardian, educator, friend and creator of fun can be a challenge. Timetables can help with your daily and weekly routine and help you set out your goals. Use our weekly timetable in this pack to help you get started.

Go explore

There are so many interesting things to spot and talk about when you go outside. See what grabs your little one's attention and expand on what they say. It can be a great opportunity to show them something new.

Be chatty!

Talking as you move through activities is a great way to develop understanding and expand your child's vocabulary. You could use this opportunity to find out what your child needs. Keep talking, adapting and listening to what they have to say about their lessons, good or bad.

Create, craft and play

Learning by doing can be a fun way to get your little one excited about learning. Imaginative play, singing, dancing to nursery rhymes and crafting can create opportunities to learn and expand their imagination.

Scan here for more advice and tips on how to get ready for home education.



ALL ABOUT ME

My name is _____

My age

My birthday is

My favourite colour is

Me

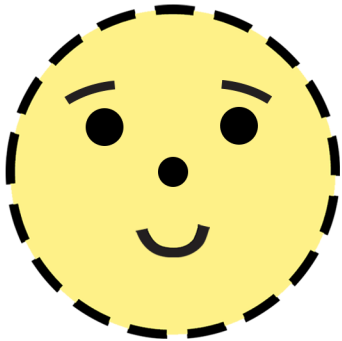
How I feel today

My family

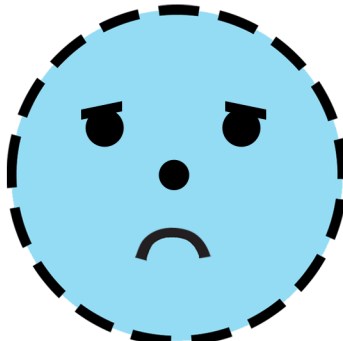
When I grow up, I want to be...

HOW AM I FEELING?

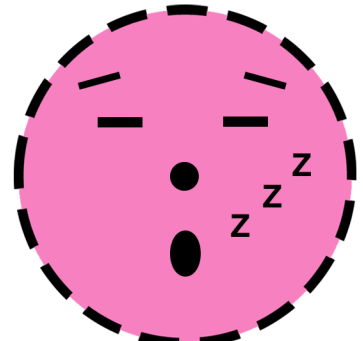
Use the faces on this page as a prompt to encourage your little one to talk about their emotions. If you think they are able, you could ask them to cut the faces out and add it to their 'All about me' board.



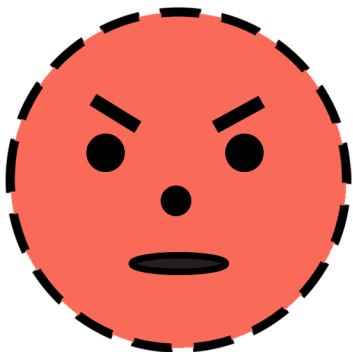
Happy



Sad



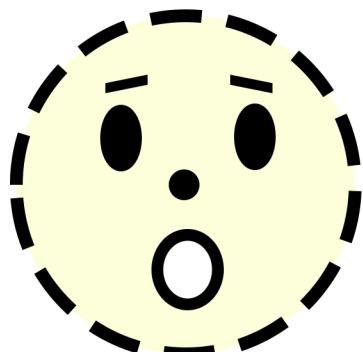
Tired



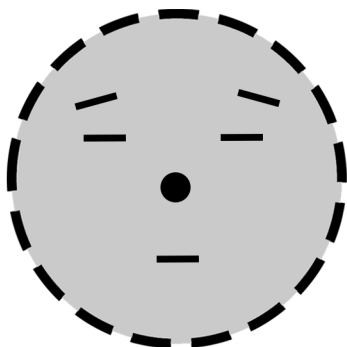
Angry



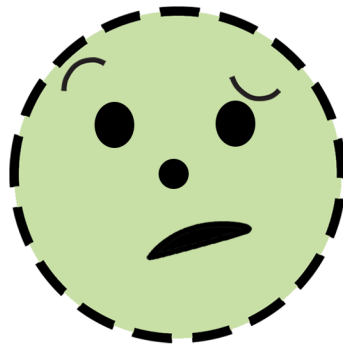
Excited



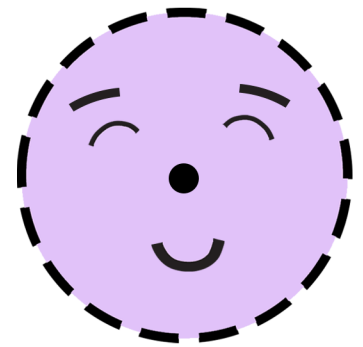
Scared



Bored



Confused



Calm



Explore tips and advice on how to help your child understand their emotions.



Check out our Family Moodbooster videos to help everyone at home get moving and feeling good.

WEEKLY TIMETABLE

Juggling being a parent and an educator can be challenging.
Use this timetable to plan activities and lessons throughout the day with your child.

Time of day	Monday	Tuesday	Wednesday	Thursday	Friday

50 LESSON IDEAS FOR 2 - 5 YEAR OLDS

No time to plan a lesson? We've got you! Here are 50 of our top Bitesize lessons. Over these two pages, there are clickable links that will direct you to the best resources. You can also scan the QR code for even more lesson ideas on our website.

Expressive Arts and Design

1. *Colour*
[Primary and secondary colours](#)
2. *Colour*
[What are the colours of the rainbow?](#)
3. *Drawing*
[How to draw a dinosaur](#)
4. *Drawing*
[How to draw shapes](#)
5. *Collage and modelling*
[How to make a paper collage](#)
6. *Collage and modelling*
[How to make a rainbow windsock](#)
7. *Music*
[How to make a samba shaker](#)
8. *Music*
[Instruments in the band](#)
9. *Singing*
[What is rhyming?](#)
10. *Dancing*
[Dance along to a song from East Asia](#)
11. *Dancing*
[Dance along to a song from the Caribbean](#)
12. *Storytelling*
[Sensory stories for SEND](#)
13. *Storytelling*
[How to tell a story](#)

English

14. *Phonics – Letter sounds*
[Letter sounds](#)
15. *Phonics - digraphs and trigraphs*
[Digraphs and trigraphs](#)
16. *Blending to read*
[How to read short words](#)
17. *Blending to read*
[How to read long words](#)
18. *Segmenting to spell*
[How to spell shorter words](#)
19. *Segmenting to spell*
[How to spell longer words](#)
20. *Writing*
[Letter formation](#)
21. *Writing*
[Writing sentences](#)
22. *Reading and comprehension*
[What is a book?](#)
23. *Parent Support*
[Tips to support your child's phonics](#)



Maths

24. *Addition and subtraction*

[What is subtraction?](#)

25. *Number bonds*

[Number bonds to 10](#)

26. *Numerical pattern*

[What are odd and even numbers?](#)

27. *Shapes, space and measures*

[What are shapes?](#)

28. *Numbers*

[Numbers 0 – 10](#)

29. *Counting Numbers*

[How to count to 5](#)

30. *Ordering numbers*

[How to find missing numbers](#)

31. *Subitising*

[How to subitise 1, 2 and 3](#)

32. *Partitioning*

[What is partitioning?](#)

33. *Partitioning*

[Finding one more and one less](#)

34. *Addition and subtraction*

[What is addition?](#)



Looking for activity inspiration for all ages? Scan the QR code for lots of resources and ideas.



Check out our article that offers advice for using Bitesize when home educating early years children.

Early years games

Learn through playing games:

35. *Music*

[Mushy Music](#)

36. *Music*

[Play it](#)

37. *English*

[Rhymeville](#)

38. *Maths*

[Numberblocks: See the amount](#)

39. *Maths*

[Bud's Number Garden](#)

40. *Understanding the world*

[My World](#)

Understanding the World

41. *My family and me*

[Who is in your family?](#)

42. *People who help me*

[Who helps you and your family?](#)

43. *The past*

[What do you know about the past?](#)

44. *Where I live*

[Where do you like exploring?](#)

45. *Religions, festivals and celebrations*

[Exploring religious festivals](#)

46. *Around the world*

[What do you know about different countries?](#)

47. *Living things*

[How to make a bug hotel](#)

48. *How things work*

[What is a life cycle?](#)

49. *Environments*

[How do I care for the environment?](#)

50. *Weather and seasons*

[Four seasons sing-along](#)



REWARD CHART

This reward chart can help you to decide on the tasks you would like your child to try and do. When they complete a task, add a star or sticker to the column. You could decide that a certain number of stars earns a reward.

Name: _____

Reward: _____

[illegible]

50 ACTIVITY IDEAS FOR 2 - 5 YEAR OLDS

Looking for a fun activity to do with your child? Well, look no further! Here are 50 of our top activity ideas. From crafting to exploring, there are clickable links that will direct you to the best resources.

You can also scan the QR codes for even more activity ideas on our website.

Arts and crafts

1. *Colouring*
[Colour in a rainbow](#)
2. *Colouring*
[Design an ancient Egyptian headdress](#)
3. *Drawing*
[Special people portraits](#)
4. *Drawing*
[dot-to-dot animals](#)
5. *Collage and modelling*
[Press your own flowers](#)
6. *Collage and modelling*
[Dried food collage](#)
7. *Collage and modelling*
[Tissue box ukulele](#)
8. *Collage and modelling*
[Sock puppets](#)
9. *Collage and modelling*
[Mini puppet theatre](#)
10. *Collage and modelling*
[Make a Chinese New Year dragon](#)

Stories

11. *Read and listen-along story*
[What's your family like?](#)
12. *Read and listen-along story*
[Charlie and the thank-you drawings](#)

13. *Read and listen-along story*
[Finn's froggy adventure](#)
14. *Read and listen-along story*
[The spider who wanted to paint](#)
15. *Read and listen-along story*
[Stage fright](#)
16. *Read and listen-along story*
[The tale of the princess knight](#)
17. *Read and listen-along story*
[The legend of Chinese New Year](#)
18. *Read and listen-along story*
[Bear and Moose](#)

Cooking and baking

19. *Recipe*
[Make a Victoria sandwich](#)
20. *Recipe*
[Make Viking flatbreads](#)
21. *Recipe*
[Make Purim biscuits](#)
22. *Recipe*
[Make your own ice pops](#)
23. *Recipe*
[Make a magic mug cake](#)
24. *Cooking activity ideas*
[5 cooking and baking activities to try](#)



Dancing and movement

25. *Dancing*
[Dance along to a song from the UK](#)
26. *Dancing*
[Groove to a song from East Asia](#)
27. *Dancing*
[Twist in time to a song from South Asia](#)
28. *Dancing*
[Move to the rhythm of a Caribbean song](#)
29. *Dancing*
[Dance along to a song from West Africa](#)
30. *Ball games*
[5 language-boosting ball game activities](#)
31. *Ball games:*
[The iceberg game](#)
32. *Listening and movement*
[Play Teddy says](#)
33. *Hopscotch*
[Playing hopscotch](#)
34. *Listening and movement*
[Red light, green light](#)
35. *Imaginative play*
[Superhero role play](#)



Check out our Supermovers content for a range of fun resources, for children ages 5+, to get them moving as they learn.



We offer lots of fun games and activities to help children with SEND get active at home!

Activity sheets

36. *Matching game*
[People who help me](#)
37. *Maze worksheet*
[Find the equipment](#)
38. *Jigsaw*
[World map jigsaw](#)
39. *Jigsaw*
[Dinosaur jigsaw](#)
40. *Board game*
[Butterfly lifecycle game](#)
41. *Dot-to-dot*
[Shapes](#)
42. *Dot-to-dot*
[Animals](#)

Outdoor activities

43. *Explore your community*
[My town bingo](#)
44. *Explore your community*
[Local history hunt](#)
45. *Minibeasts*
[Build a beetle bucket](#)
46. *Minibeasts*
[Minibeast hunt](#)
47. *Minibeasts*
[Make a minibeast pooter](#)
48. *Living things*
[Make a mini forest](#)
49. *Living things*
[Make a forest mandala](#)
50. *Games for explorers*
[5 outdoor games for explorers](#)



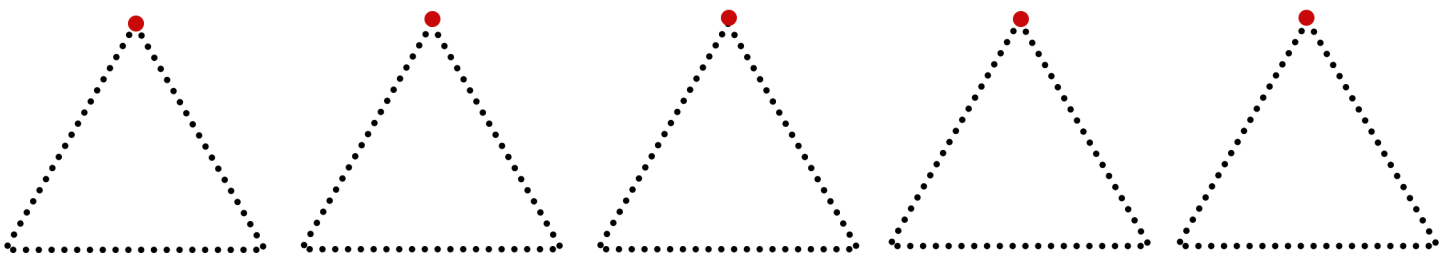
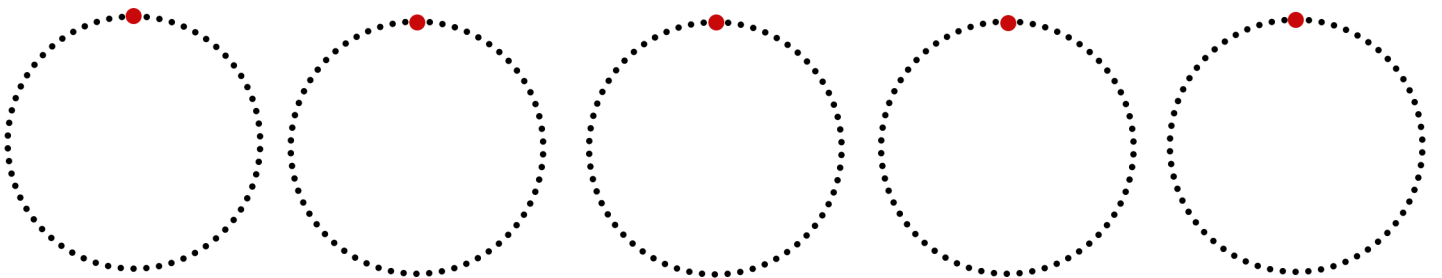
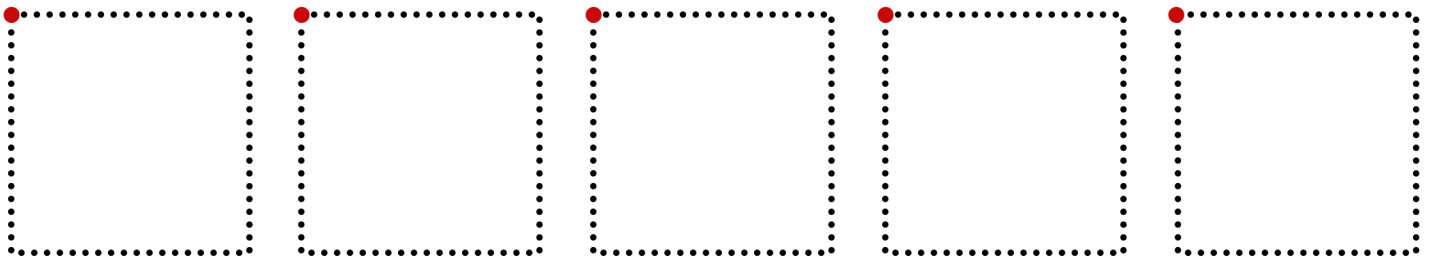
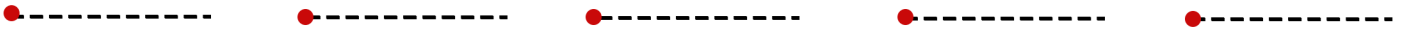
PAINT MIXER

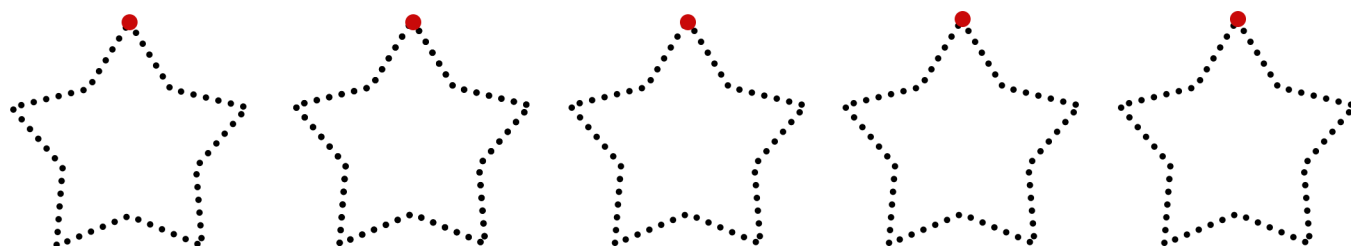
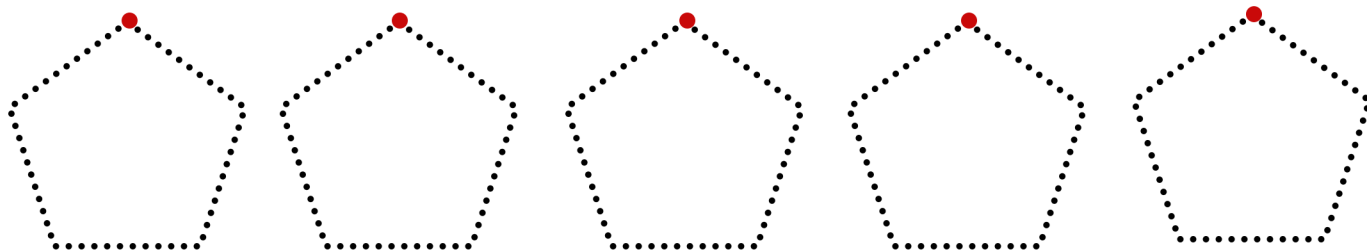
Mixing colours can be a great way to explore colour theory.
Ask your child what new colour is made from mixing the paints below.
Write the new colour and fill in the paint pot.

 red	+	 yellow	=	 _____
 blue	+	 red	=	 _____
 yellow	+	 blue	=	 _____
 white	+	 red	=	 _____
 white	+	 black	=	 _____

PENCIL CONTROL

Practising pencil control can be a great activity for your little one. It can help to develop their fine motor skills, such as hand-eye coordination. In this activity, beginning at the red dot, trace each path to complete the patterns and shapes.



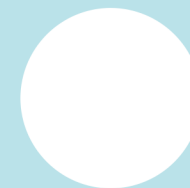
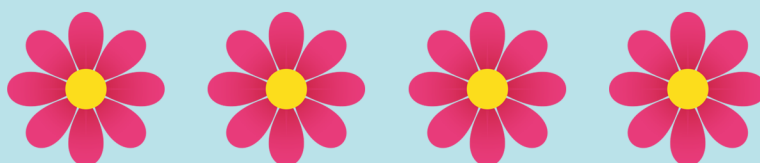
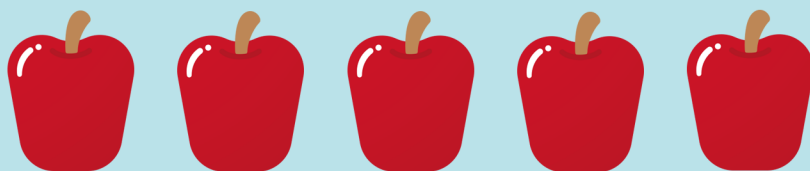


Help your little one learn how to hold a pencil correctly and get them to practise using the tripod grip when writing and drawing.



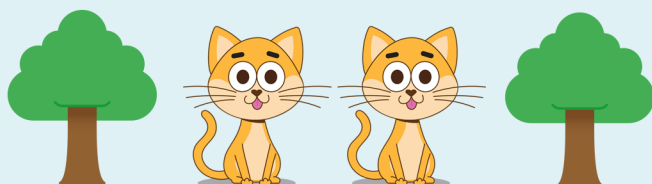
COUNTING TO TEN

Counting the things you see can be a great way to help your little one with this early numerical skill. To practise, ask your child to count the objects in each row below and write the correct number in the circle.



COUNTING TO TEN

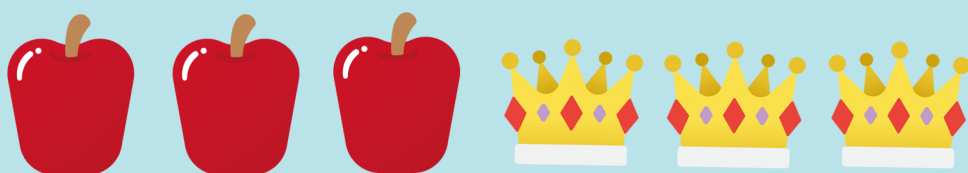
Take counting practice one step further by asking your child to count how many of each object they see. Then, ask them to write the correct number in the right circle.



trees



cats



apples



crowns



dogs



socks



flowers



rainbows



pencils



footballs



trees



carrots



stars



cats



YOUR **B B C** BITESIZE HOME EDUCATION PACK

Here's to kick-starting your home education journey!

Congratulations on taking this exciting step towards becoming a home educator. We hope this resource pack provides you with useful activities, valuable tools and creative ideas to support you and your child on this home education journey.

Whatever your chosen approach to home education, as you progress and adapt learning strategies to suit you, know that BBC Bitesize is here in support and don't forget to celebrate your small wins along the way.

The future is brighter because of home educators like you!

If you have any feedback or ideas for improving this pack, we'd love to hear from you! Your input helps us create better resources for future home educators. Feel free to reach out to us at bitesize@bbc.co.uk.



For monthly home education news and stories, plus updates on the latest Bitesize content, register for our newsletter today.

