



# READING AND PHONICS PACK

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# Phase 1 Games to play at home



# Introduction

This leaflet will give you some information about how you can be involved in helping your child and supporting their learning at home. Having fun with sounds together really can make a difference!

All children develop in different ways but providing children with a wide range of experiences can help build positive foundations to support reading and writing.

## Creating the right environment

You can help your child by playing some of the games in this leaflet. Remember to make each session fun.

Turn off any background noise from the TV or radio and try to face your child as you speak to them so that they can watch how you make sounds with your mouth as well as listening.

Put a hand to the ear alongside listen will give vital clues to children. Give your child lots of smiles and cuddles and remind them how clever they are for joining in the fun. The more you encourage them, the more they will join in.

Each of the sections in this leaflet explains what your child needs to learn as they develop their communication and language skills. Tips and games explain how you can help them.

As Parents and Carers, you have a unique opportunity to help your child at the very beginning of their learning journey. Playing these games will help your child to build strong foundations that will help them to learn to read and write. Play them as often as you can and feel free to change them as your child becomes more confident listening and participating.

# The importance of environmental sounds

What your child will be learning - to listen and become more aware of the sounds around them. Children need to learn to listen carefully so that they can identify what is making a particular noise. Your child will also learn to be able to talk about and describe what is making a sound.

## Activities that you can play to help

Go on a listening walk, this can be in your garden. Ask your child to listen. Can they hear the birds tweeting? Can they try to copy the sound? Can they hear vehicles? Do the vehicles sound close, or a long way away? Can they guess what sort of vehicle it might be? Does it sound like a large vehicle such as a truck or is it a car?

Use this link from the Tiny Happy People website to see a listening walk with a child.

[www.bbc.co.uk/tiny-happy-people/listening-walk/zh47jhv](http://www.bbc.co.uk/tiny-happy-people/listening-walk/zh47jhv)



# Listen at home

Switch off the TV and listen. Can your child tell you what sounds they can hear? Which sounds are the loudest? Follow a sound and work out where it is coming from.

# Play hide the sound

Make a sound with something from your home, such as an egg timer or musical toy. Ask your child to close their eyes whilst you hide the item that is making a sound. Challenge your child to find it as soon as possible.



# Collect sounds

Go around your home with your child and collect a box of items that make a sound when you move them. This could be a bunch of keys, a jar or rice, a packet of crisps, a squeaky pet toy. Once your child has seen all of the sound makers and had the chance to create the sounds, ask them to make a sound whilst you close your eyes. You have to describe what you can hear and guess which item made the sound. Once your child has understood the game you can change roles.



# Sound lotto

A great traditional game to play with your child. You can make your own by taking photographs and recording sounds or a complete game can be bought from most children's toy shops.

## The importance of instrumental sounds

What your child will be learning – to listen to and have fun with the sounds made by instruments. They will again be learning how to talk about and describe the sounds that they can hear.

## Activities that you can play to help

### Shakers

Make some simple shakers by pouring a small amount of rice into a milk carton. Have fun making noises with instruments and dancing! If you make some sounds with an instrument, ask your child to copy you.

### Stories

Make stories even more exciting by using the instruments with a story. For example when the Billy Goat is crossing the bridge, tap 2 building blocks together as you say the words 'trip trap trip trap.' Shake household keys as the fairy in the story waves her wand.

### Play match the sounds

Place instruments or items that make a noise in front of your child. Ask them to close their eyes whilst you make a noise with one of them. Ask them to open their eyes and point to the item that made the noise.

## Play find the instrument

Hide your child's favourite instruments around your home and ask them to find them. When they have found them all, use the whole family to make your own band!

## Sing songs

Sing your child's favourite songs and use actions or instruments to make the activity as much fun as possible. Nursery rhymes are a great way to encourage your child to join in, as they will hopefully hear them often. Try missing a word and see if your child can fill in it in.



Humpty Dumpty sat on a \_\_\_\_\_

# The importance of body percussion

What your child will be learning – to copy and make rhythm and sounds and to be able to talk about the sounds that we can make with our bodies.

## Activities that you can play to help

### Sing songs

Sing songs that you and your child know, and together have fun singing loudly or quietly!

### Learn new songs

Listen to others singing a song on a song CD or the website (see useful websites) Sing slowly as this will help your child to understand the words and give them time to join in with the words or sounds.

## Sing songs with actions

Here are some great ones to start with – The wheels on the bus, Old MacDonald had a farm, If you're happy and you know it, There were ten in the bed, Five little ducks went swimming one day, Head shoulders knees and toes.

*If you don't feel confident singing on your own, then why not find out about a local music and rhyme time session in your area. They are often run in local libraries.*

## Play around with songs

Sing them together as slowly as you can or as quickly as you can. Encourage your child to be in charge asking them 'How shall we sing the song today? Slow? Fast? Quiet? Loud?'

# The importance of rhyme and rhythm

What your child will be learning – to listen more closely to rhythm and rhyme in speech. They will also hear many new and exciting words. The more you rhyme, the more that your child will be able to produce their own rhyming words.

## Activities that you can play to help

Sing Nursery rhymes or songs together. Some great ones to try are: Humpty Dumpty, Row Row Row your Boat, Twinkle, Twinkle, Little Star, Incy Wincy Spider, 5 Little Monkeys Jumping On The Bed. Use actions and say the words that rhyme in a louder voice.

Twinkle, twinkle, little **star**  
How I wonder what you **are**  
Up above the world so **high**  
Like a diamond in the **sky**



## Stories

Read stories with rhyming words in them saying the rhyming words clearly so that your child has chance to hear the words sounding similar. Encourage your child to join in with repetitive phrases. For example;

Run, run, as fast as you can, You can't catch me, I'm the Gingerbread Man.



## Play the marching game

You tap out a steady beat with an instrument or a couple of building blocks and ask your child to march to the beat. Play the beat faster and then slower and help your child to change the speed of their march.

## Play record me

Ask your child to choose their favourite rhyme and encourage them to let you record them. Play it back to them and talk to them about why they like this rhyme so much. You could send a video clip to another family member who could then join in with them next time they meet.

## Bedtime rhyme

Sing the same rhyme each night as you go up the stairs to bed. You'll be amazed at how quickly your child will learn many new rhymes! When your child knows a rhyme well, stop as you come to the final word and encourage them to finish the rhyme.

## Play odd one out

Put out three items that your child recognises, two with names that rhyme and one with a name that does not. Ask your child to point to the 'odd one out': the name that does not rhyme. For example, cat, hat, umbrella. Cat and hat sound similar and rhyme so your child would need to point to the umbrella.



## Play I Spy

Say "I spy with my little eye.. something that rhymes with..." Help your child to find words that rhyme. The more you play, the more confident they will become!

## Puppet fun

Use a puppet and ask the puppet to put items on a tray that rhyme with a words that you say. Ask your child to help the puppet who keeps getting it wrong! "Daisy duck is looking for something that rhymes with d-a-t" Help yor child to find the cat toy.

## Clap

Use every opportunity to count the syllables (beat in words) whenever you can.

"Shall we go to the p-ar-k?" Clap 3 times in total matching your clap to the beat. You could clap the items that you put in your shopping basket.



j



a



m

# The importance of alliteration

What your child will be learning - to focus on the sounds that words begin with. For example, Tom, teapot and tiger all begin with a 't' sound. Your child will also learn to move their tongue and mouth to make sounds correctly.

## Activities that you can play to help

### I spy

Start the game by saying I spy with my little eye something beginning with... and give the sound of the first letter, for example 's'. Show your child a tray of 'I spy' items. (These can be anything from around the home such as a dinosaur, cup, ball, hat etc...) Then ask: Which one can it be? Do not worry if your child struggles with this game at first. Children find it difficult to hear the sound at the beginning of a word. Try saying the name of each item on the tray slowly and making the first sound really clear and loud. The more you play this game the easier it will become. You can make the game harder by adding more items to the tray.

### Play name the toy

Help your child to give their toys names that begin with the same sound as the item.

Daisy doll

Sammy spider

Dave the dinosaur

Holly hamster

(Write them down so that you don't forget their names!)

# Bath time fun

Sort the toys in the bath encouraging your child to scoop up all of the toys that start with the same sound. Each time they scoop one a toy to add to the group repeat what they have collected so far. “That’s great. We now have a seahorse a snake and a sausage.” Talk about why they sound the same. Whilst getting dry from the bath, look in the mirror together and say the words again watching what shapes your mouths make as you say them!



## Play Simon says

In this game for each action that you want your child to copy, repeat the first sound several times.

Simon say **sss** stand up.

Simon says **jjj** jump.

Simon says **hhh** hop.

# The importance of voice sounds

What your child will be learning – to listen and become more aware of the sounds around them and to say sounds clearly by making the correct shapes with their mouth and tongue.

## Activities that you can play to help

### Talk like a robot

Have a bag of familiar toys from around your home (e.g. cat, dog, mug, sock) Talk like a robot (e.g. ‘c-a-t’). Ask your child what they think you are saying explaining that it’s a toy from in the bag! When your child can hear the words that you are saying encourage them to be the robot. Have fun taking turns and changing the toys in the bag.

## Make sounds

Have fun making lots of sounds and words that encourage your child to move their mouth and tongue. For example:

- Make your voice go down a slide – wheee!
- Make your voice bounce like a ball – boing, boing
- Sound really disappointed – oh
- Hiss like a snake – ssssss
- Keep everyone quiet – shshshsh
- Gently moo like a cow – mmmoooo
- Look astonished – oooooo!
- Be a steam train – chchchchch
- Buzz like a bumble bee – zzzzzzzz
- Be a clock – tick tock.

(Taken from Letters and sounds document p37)



## Stories

Read lots of stories together and whenever you can! Encourage your child to join in wherever possible making animal or train noises. Have lots of fun reading in whispers or different voices. Children love to hear the same story again and again so get comfy with them, and enjoy watching them confidently telling you what will happen on the next page! If your child wants to, let them tell you the story, turning the pages as they go. Give them lots of smiles and encouragement.



## Further information about phonics and useful websites:

**[www.phonicsplay.co.uk/ParentsMenu.htm](http://www.phonicsplay.co.uk/ParentsMenu.htm)**

Information for parents about phonics including what exactly phonics is, how it is taught in UK schools and suggestions for helping pre-schoolers prepare for learning phonics. You will also find lots of games and ideas to explore with children at home.

**<http://www.letters-and-sounds.com/phase-1-games.html>**

**[www.bbc.co.uk/cbeebies/watch/waffle-the-wonder-dog-songs](http://www.bbc.co.uk/cbeebies/watch/waffle-the-wonder-dog-songs)**

A great website with lots of songs to sing and stories to listen to together.