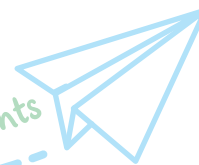


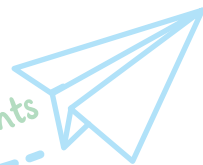
# 4 to 5-Year-Olds I Can Milestones and Activity List for Parents



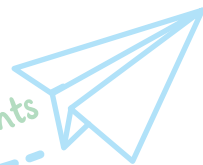
		Milestone	Suggestions
Communication and Language	<input type="checkbox"/>	I can express my thoughts and ideas in well-formed sentences, linking my ideas or actions using a range of connectives.	Model using sentence starters and complete sentences in conversations with your little one. Narrate their play, using incidental talk and asking open questions.  Suggested activity: <a href="#">Twisted Sentences</a>
	<input type="checkbox"/>	I can use talk to solve problems, organise my thinking, explain why and how things happen, ask questions and check my understanding.	Model thinking out loud to solve problems, using phrases such as 'we could', 'so that' and 'I think'.  Suggested activity: <a href="#">Puppy Pictures</a>
	<input type="checkbox"/>	I can engage in storytimes by listening and talking to build familiarity, and retell stories that are shared with me.	Revisit familiar stories so your little one can become familiar with story structures, characters and plots, linking events in stories to experiences you've shared.  Suggested activity: <a href="#">Blind Boxes</a>
Myself, Relationships and Emotions	<input type="checkbox"/>	I can express and moderate my own feelings and consider the feelings of others.	Model empathy and use descriptive language, offering reassurance and comfort when needed.  Suggested activity: <a href="#">Kindness Calendar</a>
	<input type="checkbox"/>	I can manage aspects of my own health and hygiene and discuss factors such as exercise, diet, oral hygiene, screentime and sleep.	Model good health and hygiene such as brushing your teeth, washing your hands and eating a balanced diet.  Suggested activity: <a href="#">Same But Different</a>



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Physical Development	<input type="checkbox"/>	I can competently and confidently handle a range of tools such as knives and forks, scissors, paintbrushes and writing implements.	Continue to provide opportunities for your child to strengthen and refine the muscles in their hands and arms such as manipulating dough, threading or larger motor movements such as climbing and throwing or catching.  Suggested activity: <a href="#">Alphabet Actions</a>
	<input type="checkbox"/>	I can demonstrate strength, balance, coordination and agility.	Provide a range of equipment such as wheelbarrows and wheeled toys for your child to move and tyres, ropes, logs or planks for them to balance on. Visit local parks which have ladders, climbing walls or frames, slides and monkey bars.  Suggested activity: <a href="#">Walk the Tightrope</a>
Reading, Writing and Stories	<input type="checkbox"/>	I can read and write individual letters and blend some sounds into words.	Play phonics games to help your little one hear the sounds in words – can they guess the word when you say the sounds 'c', 'a' and 't'?  Suggested activity: <a href="#">First Letter Find</a>
	<input type="checkbox"/>	I can read and write simple phrases and sentences.	Listen to your child read aloud from their school reading books, which should be consistent to their phonic knowledge.  Motivate your little one to write phrases and sentences – can they review their favourite book or film or write a little letter to their favourite character?  Suggested activity: <a href="#">Sentence Scramble</a>
	<input type="checkbox"/>	I can read stories with fluency, understanding and enjoyment.	Continue to share stories for pleasure and model a love of reading. Offer open questions about familiar stories to encourage your little one to think about the plot, setting or characters.  Suggested activity: <a href="#">Tall Tales</a>



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Number, Shapes and Measures	<input type="checkbox"/>	I can count beyond ten and link number symbols to their value.	Continue to offer varied opportunities to count and recite numbers beyond ten in sequence in your everyday life, such as when you're playing hide and seek or setting a timer.  Suggested activity: <a href="#">All Aboard!</a>
	<input type="checkbox"/>	I can name, select and manipulate 2D and 3D shapes and create, copy and continue repeating patterns.	Provide increasingly challenging jigsaws and puzzles for your child to explore shape. Try to spot 2D and 3D shapes around your home together – maybe your little one can make a list?  Suggested activity: <a href="#">Ship Shape</a>
	<input type="checkbox"/>	I can compare length, weight and capacity.	Model using comparative language, such as: 'I think this teddy is bigger than that one'. Provide opportunities for your child to make predictions and test them: 'What do you think will happen if we pour more water into the jug?'  Suggested activity: <a href="#">Fruity Fun</a>
Discovering the World	<input type="checkbox"/>	I can name and describe people who are familiar to me, and talk about members of my family and the wider community, recognising that we have different beliefs and celebrate in different ways.	Look at photos of family members, friends and people within your community, such as police officers, nurses or teachers.  Suggested activity: <a href="#">Who Does That?</a>
	<input type="checkbox"/>	I can describe what I hear, feel and see when I'm outside and recognise different environments.	Explore different outdoor habitats, such as woodland at the park, and draw attention to their similarities and differences. Discuss the environment in which you live and how that differs to others around the world.  Suggested activity: <a href="#">World Country Darts</a>



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Discovering the World	<input type="checkbox"/>	I can explore different artistic effects to express my ideas and feelings, and create collaboratively by sharing ideas, resources and skills.	<p>Visit local art galleries or look at art online so your child can feel inspired and motivated by art and artists. Encourage them to think aloud about what they want to create and provide them with the materials they need to do so.</p> <p>Suggested activity: <a href="#">Wool Art</a></p>
	<input type="checkbox"/>	I can listen, sing and move to music, following the melody and matching pitch.	<p>Enjoy musical games (such as call and response songs) and listen to songs repeatedly so your little one can familiarise themselves with the words and melodies.</p> <p>Suggested activity: <a href="#">Draw the Music</a></p>