



The Foundation Years at Home

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Exploring the world

Children are naturally curious about the world around them and thoroughly enjoy finding things out for themselves. Actively exploring the world can take many forms including:

- Jumping in a puddle
- Discovering a woodlouse or a worm in the garden
- Finding an interesting looking stone
- Noticing a rainbow
- Smelling a delicious meal cooking
- Spotting a leaf covered in ice crystals
- Feeling the rough bark of a tree
- Hearing an aeroplane flying overhead
- Seeing the sun rise

When children are actively exploring the world they will be using all their senses – looking, touching, smelling, hearing and tasting. By encouraging these activities you can help your child to become more observant and aware of their surroundings and encourage them to concentrate and focus on things that interest them. These are all skills that will really help them to become ‘good learners’.

Be a good example

Perhaps the best way to encourage your child to enjoy exploring the world is to be interested and curious yourself. You might like to try ‘thinking out loud’ saying:

‘I wonder why.....?’ or ‘What would happen if?’

By doing this you will be giving your child an important message about how interesting the world around them is and that it is well worth exploring. Don’t be concerned about not knowing the answers to all the questions you may be asking. Just enjoy being an enthusiastic explorer alongside your child, finding out things together.

Remember the importance of listening carefully to what your child has to say and taking their ideas seriously. By doing this you will be building your child’s confidence and independence.

Try to see the value in making ‘mistakes’ – times when things don’t work out exactly as we thought they would. These are valuable learning experiences and are often the starting point for even more interesting investigations.