

Play and Say at Nära Nurseries

We are excited to introduce Play & Say as part of our Big School Adventure Programme. It is fun and engaging programme based on the Department for Education document, Phase 1 Letters and Sounds. This play-based approach helps children develop essential listening, speaking, and pre-reading skills through exciting activities, songs, and games.

What is Play & Say?

Play & Say is designed to introduce young children to the world of sounds in a way that is fun, interactive, and developmentally appropriate. It focuses on key early literacy skills such as:

- Listening and Attention – Encouraging children to tune in to sounds around them.
- Sound Discrimination – Helping children recognise differences between environmental sounds, instrumental sounds, body percussion, and speech sounds.
- Rhythm and Rhyme – Supporting children's ability to hear patterns in words and phrases.
- Alliteration and Voice Sounds – Developing awareness of how sounds are formed and used in language.
- Oral Blending and Segmenting – Preparing children for reading by teaching them to put sounds together and break them apart.



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How Do We Teach It?

- Your child will explore letters and sounds through play-based learning, including: Listening games – Identifying everyday sounds to improve auditory discrimination.

Music and movement – Clapping, stomping, and tapping to rhythms and beats.

- Storytelling and rhymes – Engaging with stories, nursery rhymes, and action songs.
- Exploring sounds – Using instruments, body percussion, and silly voices.
- Interactive group activities – Playing sound-based games to reinforce learning.

How Can You Help at Home?

You play a vital role in supporting your child's learning journey! Here are some simple ways to reinforce learning at home:

- Listen together – Point out and name sounds in the environment (birds chirping, cars beeping, water running).
- Sing songs and nursery rhymes – Encourage your child to join in with familiar songs and notice rhyming words.
- Play sound games – Imitate animal noises, make silly voices, or play “guess the sound” with household items.
- Read books aloud – Emphasise rhymes, repetitive phrases, and different voice tones.
- Talk and explore – Encourage curiosity by chatting about the world and asking questions.

Why is Play & Say Important?

Developing strong listening and speaking skills in the early years lays the foundation for reading and writing success. Play & Say builds confidence in communication, enhances vocabulary, and prepares children for the next stages of their learning.

We are excited to embark on this playful learning journey with your child and can't wait to see them thrive! If you have any questions or want ideas for home activities, feel free to reach out to us.