

Let's start thinking about  
**family activity**

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# What does my family do? Recording everyday family activity

This short guide is designed to help you think about the different types of activities you do as a family - you may not realise all the things you do together, or the things your children do which you can talk about with them.

Have a think about the activities you do with your children, as part of everyday life. These could be things like going for a walk, catching a bus, doing housework, playing games, choosing food... There are all sorts of things we do with our children in everyday life. We may not realise it, but talking about these things with our children as we do them, can help us learn to think about maths - especially activities where you wouldn't normally think about or talk about maths at all.



- What happens at mealtimes?
- Do your children do any jobs around the house?
- How do your children travel to school?
- What do you do at the weekends with your children? Do your children play games? Do you visit other family members? (How you get there?)
- Do you do any outdoor or sporty activities with your children? Such as swimming, football, playing in the park...
- What do your children do with their friends?

If someone asks you "what did you do last week?" it can be quite hard sometimes to remember or talk about all the different activities that we did - from the normal everyday activities like having breakfast and travelling to school, to the less frequent activities like visiting friends or family, or going on a family outing.

**Making a record of these activities can be a fun way of remembering what you did,** and help you think about how they can be related to maths.



There are all sorts of ways we can help ourselves remember things that we did. You may have some ideas yourself, but these are some ideas you could use:

● **Taking photos of:**

- *your children doing things they do - playing games, doing jobs*
- *meals you eat with your children*
- *things your children have made*
- *things your children find*
- *tools you or your children use*
- *games your children play...*

● **Writing down activities** you did in a notebook, describing games, listing choices you have made

● **Filming activities** using the video on your phone

● **Recording yourself or your children** describing the activities using a voice recorder on your phone

● **Asking your children to draw pictures** of the activities they do, or drawing pictures yourself. They don't have to be really artistic, they could just be stick men!

It is up to you how you record activities to help you remember them - some people might not like writing things down, for

example - that is fine! Some people might not like taking photos or videos of their children - that is fine too!

You can always take pictures of the places you do things, or things that you or your children make, eat, or play with

for example. **The aim is to do something to help you remember different activities**, so you can talk about them with your children and with other parents.





For further information, visit  
[www.everydaymaths.org](http://www.everydaymaths.org)

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More ideas for everyday maths activities  
can be found at  
[www.nnparenttoolkit.org.uk](http://www.nnparenttoolkit.org.uk)

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