

















## ACTIVITIES AND IDEAS

### EVERYDAY ACTIVITIES

<p><b>READ</b></p>  <ul style="list-style-type: none"> <li>• Share a book together.</li> </ul> <p>Ask, <i>What is happening in the story? Who are the characters? What might happen next?</i></p>	<p><b>MOVE</b></p>  <ul style="list-style-type: none"> <li>• Get up and move throughout the day. You can walk, skip, run, jump, hop, spin, dance or climb.</li> </ul> <p>Ask, <i>How do you want to move? What body parts are you using when you do that?</i></p>	<p><b>DRAW OR WRITE</b></p>  <ul style="list-style-type: none"> <li>• Draw or write together about your family.</li> </ul> <p>Ask, <i>What colours are you using? Who are you drawing/writing about? What else can you add?</i></p>	<p><b>SPEAK AND LISTEN</b></p>  <ul style="list-style-type: none"> <li>• Talk together about something that is interesting or something that is going to happen during the day or happened the previous day.</li> </ul>
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### DURING THE WEEK

<p><b>FINE MOTOR</b></p>  <ul style="list-style-type: none"> <li>• Clap your hands and touch your fingers.</li> </ul> <p>Ask, <i>Can you clap your hands three times? Can you touch your fingers to your thumbs?</i></p>	<p><b>CREATIVE</b></p>  <ul style="list-style-type: none"> <li>• Draw on the ground outside with chalk, water or a stick.</li> </ul> <p>Talk about the pictures that have been created.</p>	<p><b>CONSTRUCTION</b></p>  <ul style="list-style-type: none"> <li>• Build a fort or cubby house.</li> </ul> <p>Talk about how it was built and what was used. Ask, <i>What is your favourite part?</i></p>	<p><b>COOK</b></p>  <ul style="list-style-type: none"> <li>• Make lunch together.</li> </ul> <p>Talk about what you will make. What ingredients will you need? What will the steps be?</p>
<p><b>GAMES</b></p>  <ul style="list-style-type: none"> <li>• Hide a toy and play hide and seek.</li> </ul> <p>Ask, <i>Where should we search first? Where else might it be? Can you look up/down/behind?</i></p>	<p><b>CONNECT</b></p>  <ul style="list-style-type: none"> <li>• Look at photos together.</li> </ul> <p>Talk about what was happening in the picture and who is in the picture.</p>	<p><b>ACTIVE</b></p>  <ul style="list-style-type: none"> <li>• Practice hopping and jumping. Make a path to follow.</li> </ul> <p>Talk about how to get from one place to the other.</p>	<p><b>RELAXATION</b></p>  <ul style="list-style-type: none"> <li>• Find a quiet place to sit or lay down to rest.</li> </ul> <p>Talk about the importance of having quiet time in your day.</p>
<p><b>MUSIC</b></p>  <ul style="list-style-type: none"> <li>• Sing your favourite song.</li> </ul> <p>Ask, <i>What song should you sing? Can you sing it loud, soft, fast or slow?</i></p>	<p><b>TECHNOLOGY</b></p>  <ul style="list-style-type: none"> <li>• Fill a bowl with water and find things that will sink or float.</li> </ul> <p>Ask, <i>Do you think this will sink or float? Were you right?</i></p>	<p><b>HELPING</b></p>  <ul style="list-style-type: none"> <li>• Pack away toys together.</li> </ul> <p>Talk about why it is important to pack things away.</p>	<p><b>FREE CHOICE</b></p>  <ul style="list-style-type: none"> <li>• This is an opportunity for children to have some independence. Ask, <i>What would you like to do now? Why would you like to do that?</i></li> </ul>

