
















ACTIVITIES AND IDEAS

EVERYDAY ACTIVITIES

<p>READ</p> <ul style="list-style-type: none"> Read a short picture book to your child. <i>Identify who the main characters are.</i> 	<p>MOVE</p> <ul style="list-style-type: none"> Pretend to be one of the main characters from the READ activity and act out part of the story. 	<p>DRAW OR WRITE</p> <ul style="list-style-type: none"> Draw one of the main characters from the READ activity or copy a picture from the book. 	<p>SPEAK AND LISTEN</p> <ul style="list-style-type: none"> Talk about one of the main characters and the problems they faced from the READ activity. <i>Ask your child what they would have done and why.</i> 
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DURING THIS WEEK

<p>FINE MOTOR</p> <ul style="list-style-type: none"> Draw straight and curvy lines on paper. Let your child practise cutting on the lines. <i>Make sure to supervise your child while they practise. Talk about holding the paper with one hand and holding the scissors, thumb on top.</i> 	<p>CREATIVE</p> <ul style="list-style-type: none"> Make a row of items in the sun (e.g: plastic animals, trucks) to see their shadow. Ask your child to draw around the shadows with chalk or on paper. <i>Leave and check at a different time of day. Ask why they think the shadow has moved.</i> 	<p>CONSTRUCTION</p> <ul style="list-style-type: none"> Using a cereal box, sticky tape and other small boxes. Explain to your child how to use the tape to stick items together to make a robot or another construction. e.g: a car, doll, boat etc. 	<p>COOK</p> <ul style="list-style-type: none"> With your child cut fruit into small pieces. Assist them while they thread the fruit onto individual skewers to make fruit kebabs. 
<p>GAMES</p> <ul style="list-style-type: none"> Plastic cups can be piled into pyramids or made into walls or towers. While your child builds, count the cups with them. 	<p>CONNECT</p> <ul style="list-style-type: none"> Discuss healthy and unhealthy foods. Use a shopping catalogue to point out some of these. Cut out and categorise pictures of healthy and unhealthy foods. 	<p>ACTIVE</p> <ul style="list-style-type: none"> Draw a map of your house and hide items for others to find. Mark the map to show where the treasure is hiding. Go on a treasure hunt. 	<p>RELAXATION</p> <ul style="list-style-type: none"> Sit, breathe and discuss feelings with your child. e.g happy, sad, angry, scared, hungry, tired, thirsty etc. Ensure that they know that it's okay to feel these at different times. Read a feelings book. 
<p>MUSIC</p> <ul style="list-style-type: none"> When washing your hands with your child. Sing a song together. e.g: <i>Wash hands well each day, To keep germs away. Scrub with soap and water, And be on your way. (Tune: happy birthday to you)</i> 	<p>TECHNOLOGY</p> <ul style="list-style-type: none"> Shine a torch on a mirror. Find the reflection and follow it. It's fun in a dark room with a mirror, such as a bathroom. It can be a bit scary, but a good chance to feel brave. 	<p>HELPING</p> <ul style="list-style-type: none"> Discuss why you need to look after pets. If you don't have one - imagine you do. List ideas about what you have to do to care for a pet. e.g: provide food etc. <i>Ask your child to help feed the pet and, give clean water. Why is it important to care for living things?</i> 	<p>FREE CHOICE</p> <ul style="list-style-type: none"> 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> 