
















### ACTIVITIES AND IDEAS

#### EVERYDAY ACTIVITIES

<p><b>READ</b></p> <ul style="list-style-type: none"> <li>• Pick a Book. <i>Talk about the front cover and back cover. List the author, the title, the illustrator and any other information on the cover.</i></li> </ul> 	<p><b>MOVE</b></p> <ul style="list-style-type: none"> <li>• Ask your child to make their bed.</li> </ul> 	<p><b>DRAW OR WRITE</b></p> <ul style="list-style-type: none"> <li>• Encourage your child to draw a picture of anything they like, using lots of detail.</li> </ul> 	<p><b>SPEAK AND LISTEN</b></p> <ul style="list-style-type: none"> <li>• Ask your child questions about the picture they drew. Scribe their responses.</li> </ul> 
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#### DURING THIS WEEK

<p><b>FINE MOTOR</b></p> <ul style="list-style-type: none"> <li>• Grab a laundry basket and a pile of rolled-up socks, stand 1 or 2 metres away, and see who has the best aim, tossing the socks into the basket. Make it a competition to see who is first to 10.</li> </ul> 	<p><b>CREATIVE</b></p> <ul style="list-style-type: none"> <li>• Make up a story about something funny. Discuss the events and the pictures you will need. Children draw the pictures for this. <i>Scribe the story for your child as they tell it to you. Staple together to make a book. Read it with other family members.</i></li> </ul> 	<p><b>CONSTRUCTION</b></p> <ul style="list-style-type: none"> <li>• Make cardboard ramps for balls or cars to race down. <i>Talk about which ones were faster and what angle works best for speed.</i></li> </ul> 	<p><b>COOK</b></p> <ul style="list-style-type: none"> <li>• Plan to make a mini pizza. Discuss what you could use as a base, favourite toppings and sauce. Carefully chop ingredients and assemble your pizza. <i>Discuss why some people like certain tastes/flavours. Create a chart of likes/dislikes of toppings.</i></li> </ul> 
<p><b>GAMES</b></p> <ul style="list-style-type: none"> <li>• Play dress ups with parent's old clothes. Pretend to be a visitor. Adult or child to knock on the front door and act as a visitor to the house. Offer a snack and cool drink to extend the game. <i>Ask questions about the weather etc.</i></li> </ul> 	<p><b>CONNECT</b></p> <ul style="list-style-type: none"> <li>• Hide behind a couch and make different sounds with voice or objects. Child must guess, and try to create their own sounds. Use a bell, snap fingers, clap, animal sounds, close a book, etc.</li> </ul> 	<p><b>ACTIVE</b></p> <ul style="list-style-type: none"> <li>• <i>Talk about favourite music and songs.</i> Select some from your CD's, phone or use the radio. Set up a stage, dig out costumes or decorations if you need. Add musical instruments if you own some and have a dance party!</li> </ul> 	<p><b>RELAXATION</b></p> <ul style="list-style-type: none"> <li>• Place various items inside a paper bag, small box or under a tea towel. <i>Guess what the items are by feeling them. Take turns challenging each other.</i></li> </ul> 
<p><b>MUSIC</b></p> <ul style="list-style-type: none"> <li>• Sing the Rainbow song or another known song; <i>Red and yellow and pink and green, purple and orange and blue, I can sing a rainbow, sing a rainbow, Sing a rainbow too!</i> <i>Listen to your heart, listen to your heart, and sing everything you feel, I can sing a rainbow, sing a rainbow, sing a rainbow too.</i></li> </ul> 	<p><b>TECHNOLOGY</b></p> <ul style="list-style-type: none"> <li>• Fill a clear plastic container with metal objects(eg nuts and bolts, pipe cleaners, bobby pins and paper clips). Hand your child a fridge magnet and let them experiment with lifting the objects in the container without touching them.</li> </ul> 	<p><b>HELPING</b></p> <ul style="list-style-type: none"> <li>• Explore the items in a First Aid kit. <i>Talk about what they are, and when they might be used. . Perhaps there might be adhesive bandages, cloth bandages, a thermometer, tweezers, and a book of instructions.</i></li> </ul> 	<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> 