
















ACTIVITIES AND IDEAS

EVERYDAY ACTIVITIES

<p>READ</p> <ul style="list-style-type: none"> Choose a favourite book. <i>Talk about what you like about it.</i> 	<p>MOVE</p> <ul style="list-style-type: none"> Practise moving at different speeds and in different ways. Fast, slow, tippy-toe, crawl etc. <i>Talk about which ways are easier/harder.</i> 	<p>DRAW OR WRITE</p> <ul style="list-style-type: none"> Draw some things that move quickly and slowly. 	<p>SPEAK AND LISTEN</p> <ul style="list-style-type: none"> Have some fun talking as fast as you can, then try talking slowly. 
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DURING THIS WEEK

<p>FINE MOTOR</p> <ul style="list-style-type: none"> Find a variety of storage containers with different types of lids. Practise opening and closing them. Hide tiny trinkets in some of them to make the activity exciting. 	<p>CREATIVE</p> <ul style="list-style-type: none"> Draw a road on a large piece of paper or cardboard to use with toy cars, trucks and trains etc. Draw some scenery together like trees, buildings and shops. 	<p>CONSTRUCTION</p> <ul style="list-style-type: none"> Make a volcano: Fill a water bottle about a third full (food coloring optional) Add 5 teaspoons of baking soda. Put cap on. Build a sand mountain around the bottle. Uncap the bottle. Pour a good amount of vinegar into the bottle. Watch the huge eruption! 	<p>COOK</p> <ul style="list-style-type: none"> APRICOT BALLS: Combine 2 ½ cups of desiccated coconut, 250g of dried apricots (chopped) 200g of condensed milk. Mix all ingredients in a bowl. Scoop a tablespoon of mixture and roll the ingredients into small balls until mixture is all used. Place the balls into the fridge for 2 hours to firm. 
<p>GAMES</p> <ul style="list-style-type: none"> Line up furniture for your child to hop, skip, walk and jump in-between. Items can include chairs, cushions, plastic cups etc. <i>Talk about how to hop on one foot, jump with two feet together, etc.</i> 	<p>CONNECT</p> <ul style="list-style-type: none"> Trace around each other with chalk outside or on a large piece of paper. Together name all body parts. <i>You could decorate, colour, or paint inside the body shapes. Discuss who is taller, shorter etc.</i> 	<p>ACTIVE</p> <ul style="list-style-type: none"> Using chalk draw a hopscotch trail with the numbers 1-10. Play hopscotch. 	<p>RELAXATION</p> <ul style="list-style-type: none"> Sit with your child and reflect on their day. <i>Discuss their favourite parts of the day. What they liked doing. What they didn't like doing etc.</i> 
<p>MUSIC</p> <ul style="list-style-type: none"> Collect some jars. Pour water to different levels in each jar. Add food coloring to each jar to make it easier to see the difference. Using a wooden spoon or stick gently tap each individual jar to make a different sound. 	<p>TECHNOLOGY</p> <ul style="list-style-type: none"> Outside in the sun, put some ice on a piece of black paper/card and some on a white piece. <i>Ask which ice might melt more quickly and why. Explore what happens to the ice. Talk about what is happening and why. Use words like melting and heat.</i> 	<p>HELPING</p> <ul style="list-style-type: none"> Talk about why it is important to bath some pets. Collect all the things you might need to bath your pet – or use your imagination if you don't have one. <i>Talk about what things you need and why. Ask which pets can be bathed and which ones can't.</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> 