

ACTIVITIES AND IDEAS

EVERYDAY ACTIVITIES

READ



- Look at food labels. *Are there any you recognize? Are there any letters you know? Talk about things you notice: "Both milk and milo start with the letter M".*

MOVE



- Try balancing along a line on the floor. It could be chalk/ tape/ string or a line in the concrete, inside or outside. Try backwards/ skipping etc.

DRAW OR WRITE



- Draw a portrait of a family member or pet. *Talk about features such as eyes, hair, legs, etc.*

SPEAK AND LISTEN



- Play SIMON SAYS. Take turns giving instructions. Try and trick each other by mixing up words and actions. *Great for listening carefully to instructions.*

DURING THIS WEEK

FINE MOTOR



- Use string, wool or an old shoelace. Collect leaves from outside and, making a small hole in the leaf, thread it onto the thread. A nature necklace!

CREATIVE



- Paper-mache bowl: Mix plain flour and water. Soak strips of torn up envelopes, newspaper, etc. overnight in the mixture. Gently press strips over a bowl to shape. Let dry in between adding more layers. When the final layer is dry, remove the bowl base. Paint or decorate.

CONSTRUCTION



- Use toothpicks, craft sticks or sticks from the garden to construct 2dimensional (2D) shapes. 3 sticks make a triangle. 4 sticks the same size make a square etc. You could also try making 3dimensional (3D) shapes.

COOK



- Pancakes: 1 cup self-raising flour, 1 tb sugar, 1 egg, ¾ cup of milk, 2 tbs butter. Mix ingredients and pour into a clean squeeze bottle (e.g. tomato sauce). Heat a pan and carefully squeeze the mixture into the pan making different shapes and designs. Add food colouring or decorate with fruit.

GAMES



- Stand in a circle with family or friends stretching out a sheet between you and hold on tightly to a section of the sheet each. Put a ball on the top of the sheet and work together to keep the ball on the sheet. *You could try this by yourself or with just one other person using a towel instead of a sheet.*

CONNECT



- Each person selects an item that is special to them (a photo, toy, something from the garden etc.). Sit together and tell each other why it's special. Draw or take a photo of these items. Keeping these and doing this again over time builds a Memory or Special things book.

ACTIVE



- Holding a cup and using a small soft ball or scrunched up paper, try gently tossing up the ball and catching it in the cup. You can do this yourself or with family or friends. Great for hand eye coordination!

RELAXATION



- Discuss natural and man-made items. Collect some items and classify them into man-made and natural items. *Look at the man-made item, is there a natural item that could be used instead? Think about how items can be reused, recycled or reduced.*

MUSIC



- Hang kitchen items (pots, tin mugs, colander etc.) to a fence or branch and explore the different sounds they make when you hit them with either a wooden spoon or a stick.

TECHNOLOGY



- Research your favourite animal on a computer or phone together with family or friends. Using the device themselves will help children develop fine motor and computer skills needed for school.

HELPING



- Choose a job or something you could do to help another person at home. It could be feeding a pet, helping cook dinner, watering the plants, folding the washing, washing the dishes, telling a funny story, etc.

FREE CHOICE



- This is an opportunity for children to have some independence. Ask, *What would you like to do now?*

