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| **Activities and Ideas** | | | |
| EVERYDAY ACTIVITIES | | | |
| **READ**   * Read some recipes for interesting sandwiches or food for lunches. | **MOVE**   * Go for a walk to the shop/bakery to buy some bread. | **DRAW OR WRITE**   * Draw/write something healthy that could be prepared for lunch. Over the week create a lunch menu. | **SPEAK AND LISTEN**   * Ask everyone in the house if they like or don’t like the healthy lunch food your chose to DRAW OR WRITE today. Ask why or why not. |
| DURING THIS WEEK | | | |
| **FINE MOTOR**   * Arrange the sandwiches you make (COOK) on the serving plate you make (CREATIVE) into an interesting picture or design. | **CREATIVE**   * Design and make a serving plate for the sandwiches you will make for lunch (COOK). | **CONSTRUCTION**   * Make a display about healthy lunch foods. It could include pictures, books, empty food packets/boxes. | **COOK**   * Make your family’s favourite sandwiches (CONNECT), for lunch. Don’t forget to make your own too. |
| **GAMES**   * Play ***Jenga*** or see how many blocks you can stack before it falls over. | **CONNECT**   * Ask your family what their favourite sandwich is. Is there any sandwich that they didn’t like before, but do now? Or any that they liked before but don’t now? Do they know why? | **ACTIVE**   * Learn to skip with a rope. | **RELAXATION**   * If you have a cat, dog or other pet sit quietly and pat or hold it. Or sit quietly holding hands with another person or yourself. |
| **MUSIC**   * Play ***Freeze***. Dance to your favourite song and freeze when the music stops. | **TECHNOLOGY**   * What do you think scissors were first invented to cut? Make a list of everything you can think of that scissors can be used to cut? | **HELPING**   * Do something kind to surprise a family member. Or ask a family member what you can do to help them. | **FREE CHOICE**   * Choose an activity that you would like to do. *Think about activities that you enjoy.? Ask others if they would like to do the activity with you.* |

T-Year 2: Placemat 10

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