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| **Activities and Ideas** |
| EVERYDAY ACTIVITIES |
| **READ*** Look for some recipes in books or online. Choose some that you would like to make or cook this week.
 | **MOVE*** Practice skipping with a rope every day. Count how many skips you can do. Try each day to beat your record.
 | **DRAW OR WRITE*** Make a shopping list for the recipes you chose to make or cook this week.
 | **SPEAK AND LISTEN*** Talk with your family after they have eaten the food you made (COOK) from the menu (CONNECT). *Did they enjoy it? Was it something they would eat again? Would they change anything about it?*
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| DURING THIS WEEK |
| **INE MOTOR*** Fold paper napkins into different shapes. Make a display to show or use these when you serve the food from your menu.
 | **CREATIVE*** Watch the clouds. What shapes and pictures can you see? Can you make up a story? Change the story as the clouds move across the sky and change.
 | **CONSTRUCTION*** Build a fort using a sheet and chairs. Can you fit inside?
 | **COOK*** Make or cook the recipes or favourite foods you decided on for your weekly menu.
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| **GAMES*** Play *I spy*. Try different categories like: ‘…something the colour of…’

 ‘…. something shaped like a …’ ‘… something used for…’  | **CONNECT*** Interview family members to find out their favourite foods. Help your family create a menu for the week including some of their favourite foods for you to make (COOK).
 | **ACTIVE*** Make up a dance to your favourite song.
 | **RELAXATION*** **Belly breathing**. Lie on the floor with your favourite toy on your belly. Breathe in and out letting the toy go up and down.
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| **MUSIC*** Make a drum kit with what you can find at home.
 | **TECHNOLOGY*** Fold and make paper planes. Which design goes the farthest?
 | **HELPING*** Help hang the washing on the line. Can you use the pegs? How many pegs do you need to hold the clothes on the line?
 | **FREE CHOICE*** Choose something you would like to do.
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T-Year 2:

Placemat 5