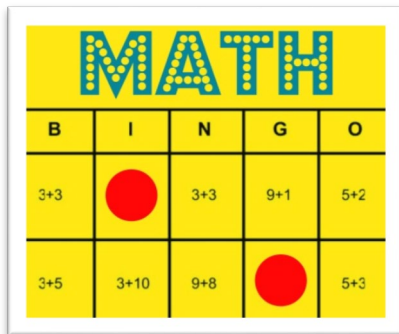


Monday Morning:

Study Time!



- Hand writing practice (<https://www.worksheetworks.com/english/writing/handwriting.html>)
- Spelling tests – you can make these up depending on your child’s ability.
- Maths Bingo – this can be done as number matching, or with equations. (<https://www.learn-with-math-games.com/math-bingo-game.html>)

Monday Afternoon:

Relaxation time! Enjoy a story and get moving with Cosmic Kids yoga!

<https://www.youtube.com/user/CosmicKidsYoga>



Tuesday Morning:

Let's get active!



- Exercise videos! You can also challenge the children to make their own exercise routines once they have learned the moves! (- https://www.youtube.com/watch?v=L_A_HjHZxfI)

Tuesday Afternoon:

Animal time!!

- Visit a zoo using these online live cams (<https://zoo.sandiegozoo.org/live-cams>)
- (<https://www.edinburghzoo.org.uk/webcams/panda-cam/>)
- Fun animal fact and mini craft projects with Chester Zoo!
(<https://www.chesterzoo.org/play/every-day/?cat=3#the-grid>)



Wednesday Morning:

Study time!

- BBC Bitesize offers daily lessons for different ages and abilities! <https://www.bbc.co.uk/bitesize>
- Read a chapter of a book- spend time talking about the story. What do they think will happen next?
- Draw the characters from the book- what adjectives can you use to describe them?



Wednesday Afternoon:

Let's make playdough!

You will need:

- 2 cups plain flour (all purpose),
- 2 tablespoons vegetable oil,
- ½ cup salt,
- up to 1.5 cups boiling water (adding bit by bit until it feels just right),
- food colouring (optional – this really can get messy!).



What to do:

- Mix the flour, salt and oil in a large bowl. If you're using food colouring, add it to the boiling water then pour into the flour mixture.
- Stir until it forms a sticky dough.
- Allow it to cool down then take out of the bowl and knead it for a couple of minutes until all of the stickiness has gone.
- Keep kneading until it's the perfect consistency! If it's still sticky add a little more flour until just right.

Thursday Morning:

Let's make instruments!



- **Shakers**

Find any old water bottles or other plastic containers with lids and make sure they are clean and dry.

Fill with dry goods from your kitchen cupboard – lentils, rice and pasta are particularly good – put the top on and sellotape shut. These can then be painted and decorated!

- **Guitar**

Take an old clean tub and some elastic bands. Stretch the elastic bands over the tub and tape to the sides of the tub so they don't ping off.

Now strum along to your favourite tune and try twanging each 'string' separately.



Thursday Afternoon:

Movie time!

Sit together to watch a movie with some popcorn!



Friday Morning:

Storytime!



- Create finger puppets of your favourite fairy tales and re-tell the story! Some ideas are-
- Jack and the beanstalk
- Three little pigs
- Goldilocks and the three bears
- Make up your own stories too!

Friday Afternoon:

Art time!

- Get ideas with Mister Maker (<https://www.youtube.com/user/mistermaker>)
- Make different pictures using hand prints (warning- this can get messy!)- excellent for sensory play



Saturday Morning:

Cooking!



- <https://www.bbcgoodfood.com/recipes/chocolate-rice-krispie-cakes>
- <https://www.bbcgoodfood.com/recipes/rainbow-fruit-skewers>
- You can even get them to help make lunch- let them practice mixing skills, measuring and timing

Saturday Afternoon:

Nature walk! An excellent way to work on language skills and observational skills

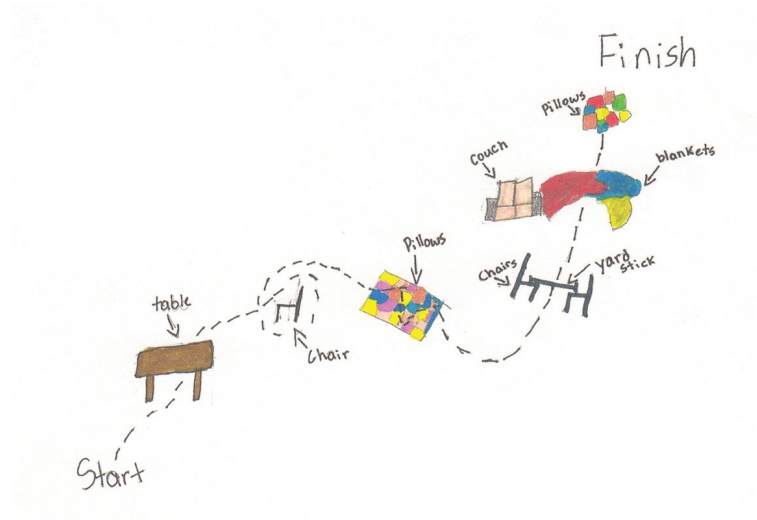
Take a walk outside, see what you can find (e.g- 3 trees, 2 blue cars, 1 bird)



Sunday Morning:

Create an obstacle course at home!

- Use pillows as stepping stones
- Crawl under tables as a tunnel
- Hop to the chair



Sunday Afternoon:

Slime time!

Ingredients

- 75g cornflour
- 120ml baby shampoo
- food colouring (any colour will do)

Directions

- Put the cornflour and baby shampoo into a bowl and mix together until smooth.
- Add the food colouring and mix again.

(alternative edible recipe here <https://www.bbcgoodfood.com/howto/guide/how-make-slime-without-borax>)

