

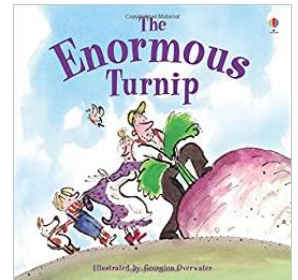
Personal, Social and Emotional Challenges

- Ask someone in your family to teach you a new skill.
- Play 'Follow the Leader' with your family. One person chooses some body percussion, for example patting their knees, clapping their hands or clicking their fingers. The rest of the family have to copy them. Take turns to be the leader.
- Think of three golden rules for home such as we are gentle, we are kind and we look after things.
- Have a go at creating your own feeling faces. Cut out some eyes, noses and mouths from magazines or leaflets. If you have some pebbles then stick them on using glue. Draw a basic face shape and use the pebbles to make funny faces. Use this as an opportunity to talk about feelings.



Communication and Language Challenges

- Can you try a new vegetable or fruit? Describe how it looks, feels and tastes to a grown up.
- Learn the 'Pat-a-cake, pat-a-cake, baker's man' rhyme and clap your hands together to the beat.
- Go on a listening walk! You could go around your house or an outside area with an adult and practice listening carefully to all the different sounds you hear. Talk about what you hear. Did you recognize all the sounds? Were they loud or quiet? Were they long or short sounds?
- Can you read 'The Enormous Turnip' story. Could you find props from around your house to play different characters from the story. Maybe a scarf for the old lady or a hat for the old man? I wonder what you will use for the cat?



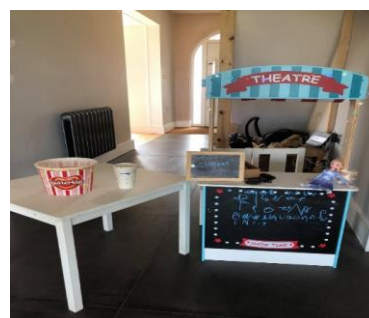
Physical Challenges

- Clear a space or use the garden if available. Discuss how a plane takes off and lands. Ask your child to pretend to be the plane, start on the ground slowly moving along, then 'take off' which is where they can zoom around as much as possible changing directions and 'flying' around different objects such as teddies without touching them.
- Practice your target throwing skills. Try using a box, washing basket or clean bucket and make a throwing line. Use soft toys or balled socks to see how many you can get into the basket. If your child finds that easy then move the throwing line back or find a smaller box. To make it even trickier blindfold your child and see if they can get any balls into the basket. You could try at several different points in the week and see if you can improve your score.
- Funky Fingers Challenge - you will need an empty egg carton, pom poms or any small objects such as buttons or beads and a pair of tweezers. Encourage your child to pick up the small objects 1 by 1 using the tweezers and place them in an egg compartment. You can challenge your child by writing numbers on the carton to match the amount placed in there.



Mathematics Challenges

- Have a look at a selection of fruit and vegetables, Can you estimate how heavy they are by holding them in your hands? For example is a potato heavier than an onion? Maybe you could use some scales and see which vegetable is the lightest and which one is the heaviest? Can you put them in order of size?
- Look in your food cupboard and find objects you can count like pasta, cereal or if you are lucky sweets! Take a dessert spoon of each (the numbers need to be no more than 10 so adjust the spoon size if necessary). Ask your child questions such as do you think there are more pieces of pasta or cereal? How do you know? Can you prove it? - they could match them up in pairs to check/prove it. Try comparing two more sets but this time ask which one has less. Out of all the sets which one has the most/the least? How many have you got of each object? Can you write a name label to show the number?
- As a family vote for a film you would like to watch and have a cinema night. Count and record the votes. Make numbered tickets for the 'customers'. Cook popcorn (or other snacks). Count the pops as it cooks - this will soon become impossible. Ask each customer how many scoops of popcorn they want and count the scoops into a bowl to serve. Then enjoy your cinema night!



Literacy Challenges

- Make a jigsaw for your family to solve! Draw a picture and colour it in, then cut it into pieces. Can they fit them back together again?
- Complete an observational drawing of a flower (either real or from a picture on a computer/tablet/phone).
- Can you draw or paint a picture to send to somebody to make their day?
- Create a road using old wallpaper and add a car park with numbered parking spots. Use your toy cars to test out your very own road map!



Understanding the World Challenges

- Have a look at the fruit and vegetables in your fridge. Can you think about where they grow, do they grow on a bush, tree, under ground or above ground? Maybe you could look at a world map and find out where different types of fruit and vegetables are grown.
- Look inside different fruit and vegetables, some have seeds, pips, stones and flesh. Can you talk about what is inside the different fruit and vegetables. Maybe you could try and plant a few of the seeds or pips and see what happens...
- Help at home this week by recycling your rubbish. How many plastic items did you collect? How many items were made from card? With the support of an adult can you write down/tally the number of items you collected altogether?



Expressive Arts and Design Challenges

- Have a go at some fruit and vegetable printing! You could challenge yourself to make a pattern using two different fruits or vegetables.
- Choose a piece of music, give your child something to draw or paint with. Ask them to listen to the music and draw what they think of. Ask them to think about the colours and the shapes the music might evoke. Let them listen to the music first, then play it again whilst they draw or paint. For example, *Under the Sea* from *The Little Mermaid* would evoke images of blue water and bright fish.
- Can you make some rainbow toast?
Ingredient:
 - Bread (white bread works best)
 - Milk
 - Food colouring

Recipe can be found on:

<http://www.learnplayimagine.com/2012/03/rainbow-toast.html>

