

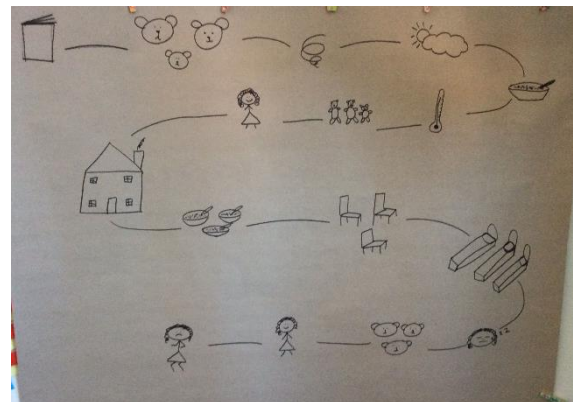
Personal, Social and Emotional Challenges

- Can you help me to become more independent and to boost my confidence by giving me small jobs to do at home?
- Have a dance party! You could even make tickets and a poster for your dance party and invite your family to come. Vote on which party games to play such as musical statues.
- To carry out a random act of kindness each day or say something to make someone in your family smile. Talk about what actions might make people happy and what actions might make other people feel sad and why.
- Play guess the emotion game - make bands with different emotions on them. Take it in turns to guess what the emotion is.



Communication and Language Challenges

- Make a collection of your own noise makers. Think about lots of different things that make a sound and gather them in a box or a bag. Use one of the objects to make a sound for others to guess and identify. You could include things like crisp packets, keys, coins in a pot, a rattle or a squeaky toy.
- Create a home band! What can you make noises out of in your home? How about elastic bands around a shoe box to make a guitar? Sing your favourite songs and play your new instruments. Can you play them slow/fast or loud/quiet?
- Look out of a window, encourage your child to use positional language to describe what they can see. For example, there is a bird **on** the fence.
- Share a familiar story with your child such as 'Goldilocks and the Three Bears'. Then together create a story map retelling the story.



Physical Challenges

- Play follow the leader. Move around in different ways such as hopping, jumping, skipping and jogging. Can your child copy your movements? Can they think of their own way to travel?
- Wrap elastic bands around a pine cone to create an elastic band ball.
- Can you make a spinner or use a dice to explore different ways to move?



- Create your own football pitch. Using a lid of a shoe box or a similar shapes container help your child to cut out two holes on each as the goals. If you have green card or paper, stick this in the base, if not you can colour in plain paper using a green crayon. Draw out the marking on the pitch using crayons or felt tips. Use a straw and something ball-like to take turns aiming at your partner's goal while the other tries to save the goal.



Mathematics Challenges

- Go on a number hunt! Use a phone or a tablet to take pictures of numbers you can see in your house. Do you have a number on your door? How many numbers can you find? Which is the biggest number and which is the smallest number?
- Help your child create their own pair of binoculars using two toilet roll tubes. Then encourage them to go outside and use their binoculars to help them count how many birds they can see in the sky.
- This week try making your own skittles. You can use toilet or kitchen roll tubes. The children could colour or draw on them and then write a number on each tube. Use a ball (scrunched up paper or a balled pair of socks would also work) to roll at the skittles. Look at the numbers they knock down and encourage your child to count how many tubes they knock down after each roll.



Expressive Arts and Design Challenges

- Have you ever flown a kite? Have a go at making one using a bin bag, some canes and some string.
- Can you create a collage using rubbish you have recycled?
- Ask your adult to draw an outline of a butterfly, put blobs of paint on one side and fold over the paper. What do you notice? Now try to draw a symmetrical pattern on a new butterfly outline.
- Can you make an edible rainbow? What healthy foods will you use?

