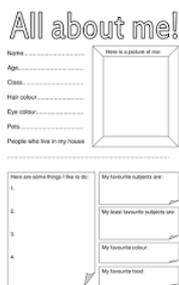
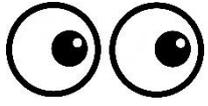


Personal, Social and Emotional Challenges

- Create a “activity jar” with your family. Ask each person to write down some lockdown activity ideas on a piece of paper and place inside a jar. E.g. play a boardgame, go for a walk. Choose an activity to do together each day.
 
- Make a postcard or a picture for one of your school friends. Ask them how they are. What could you draw to make them smile?
 
- Talk about friendship and what makes a good friend. Draw a picture of a friend and label all of the things you like about them. E.g. kind, caring, funny. How can you be a good friend to others?
 
- Hold a family vote. Choose 2 films to watch and each family member gets 1 vote each. Why did they choose that particular film? Which film has the most votes?
- Create a “fact file” all about yourself ready to give to your Year One teacher. Remember to include your name, age, likes, dislikes and your favourite things.
 

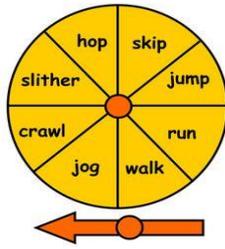
Communication and Language Challenges

- Play a game of I Spy with your family in your house or on your walk – start with the initial letter and then give descriptions. E.g. “I spy an object that has 2 legs”
 
- Create some “story stones” with your family. Choose your favourite book and then collect some stones on your walk. You can use paint to add key characters on your stones and retell the story using them.
 
- Play a card matching game. Draw simple pictures on cards. E.g. animals. Make sure there are 2 of each animal! Turn your cards over and try to find the pairs from memory.
 
- Play a game of musical statues or musical bumps. Listen carefully to the music and when the music stops don't forget to freeze! Can you add new rules and instructions? E.g. When the music stops you have to touch your toes. Can you add more instructions on each time? E.g. When the music stops you have to touch your toes and then sit down.
 

Physical Challenges

- Create a “ways of travelling” spinner using paper, pencils and scissors. What different ways can you think of travelling? Spin your spinner. Which was your favourite way to travel?

How shall I travel?



- Practice your balancing skills. Can you balance on one leg? Can you walk in a straight line balancing an object on your head?

- Practice your throwing and catching skills outside with an adult. Aim carefully at your grownups hands and practice throwing under arm and over arm.



- Continue to develop your fine motor skills. Ask you grownup to tie knots in some shoe laces or string. Use your funky fingers to untie the knots. How many knots can you untie in one minute? Can you re-tie the knots yourself?



- Can you practice your letter formation? Hold your pencil using the tri-pod grip and remember to sit your letters on the line.

Tripod Grip



Mathematics Challenges

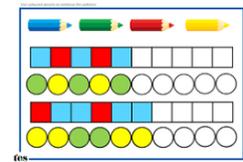
- Go on a number hunt in your local environment. Take a piece of paper and a pen out on your walk with you. What numbers can you see? Write them down. When you get home have a go at writing these numbers in order.

1 2 3
4 5 6
7 8 9

- Continue to practice your adding and subtracting skills. Ask you grownup to write down some number sentences. How could you find the answers? What resources could you use at home?



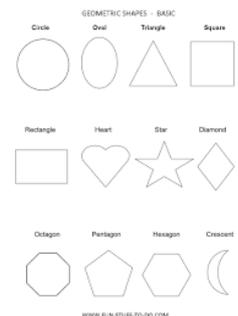
- Create a repeating pattern using the resources and toys you have at home. What type of pattern can you create? E.g. red toy, blue toy, red toy. Can you make your pattern more complex?



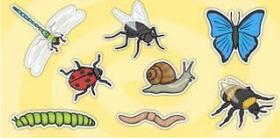
- Ask your grownup if you can explore and sort their coins. Which coins can you recognise? Can you write down their value underneath? E.g. a one pence coin = 1p.



- Become a shape detective. What shapes can you see in your house? Have a go at drawing these shapes on a piece of paper. Can you label your shapes? Can you talk about their properties? E.g. corners and sides.



Literacy Challenges

- Create your own mini-beast fact file - draw a picture of each mini-beast and write a sentence about each mini-beast. E.g. a lady bird has spots.

- Continue to practice your reading skills. Ask your grown-up to write a simple sentence on a piece of paper. E.g. The dog is fast. Read the sentence and draw a picture to match. Can you write your own simple sentence to read?
- Can you use sticky notes to label objects around your house? Use your phonics and Fred fingers to spell the words for your labels. E.g. "chair", "shelf", etc.

- Can you keep a daily diary? Draw a picture of something you have enjoyed doing at the end of each day. E.g. playing catch. Write a couple of sentences explaining what you have done. E.g. "Today I played catch in the garden. It was sunny." Remember to use capital letters, finger spaces and full stops when writing sentences.

- Write down some questions with your grownups. E.g. What is your favourite colour? Have a circle time with your family and take it in turns to read and answer the questions.

Understanding the World Challenges

- Go on a nature hunt outside and collect some nature resources. E.g. sticks, leaves, flowers. Explore these resources at home. What do they feel like? What do they smell like? What would happen if you cut them?

- Take your mini-beast fact file into your garden or on your walk. Which mini-beasts did you see? Was your fact accurate? Tick off the mini-beasts you see as you go.
- Discuss with your grownup how the weather has changed over the last few weeks. Create your own weather chart. How will this impact our environment and nature?
- Can you create a rain gauge to find out how much rain has fallen in your garden? Put a plastic container outside. How much rain have you collected after a few days? How could you measure how much water you have?


Expressive Arts and Design Challenges

- What different sounds can you make with your hands and feet? E.g. stamp, click, tap, clap. Can you create a simple pattern? E.g. clap, clap, click, clap, clap. Ask a grownup to create a simple sound pattern using their hands and feet - can you copy rhythm?



Play Dough Bugs

- Can you use some play dough or modelling clay to create your own mini-beasts? Use your fingers to mold the shape and add the correct features. Think carefully about the colours you could use.

- Can you draw a picture of a garden? What might you find in a garden? Think about the trees, plants, nature and mini-beasts you might see. Can you use a range of resources? E.g. a sketching pencil, coloured pencils and crayons.

- Make your own nature paint brushes. Collect some sticks, leaves of different sizes, twigs, flowers, and other natural resources from outside. Join the resources together to make your own paintbrushes. Which paintbrush worked the best?



- Make "bug houses" to put in your garden. What materials could you use? E.g. a cardboard box, toilet roll tubes, a bottle, etc. What could you put inside to make it cosy and inviting for the insects? E.g. grass, leaves, soil. Monitor your bug house everyday to see if any insects are inside.

