

AT HOME ACTIVITIES

MOVEMENT BREAKS/CALMING STRATEGIES

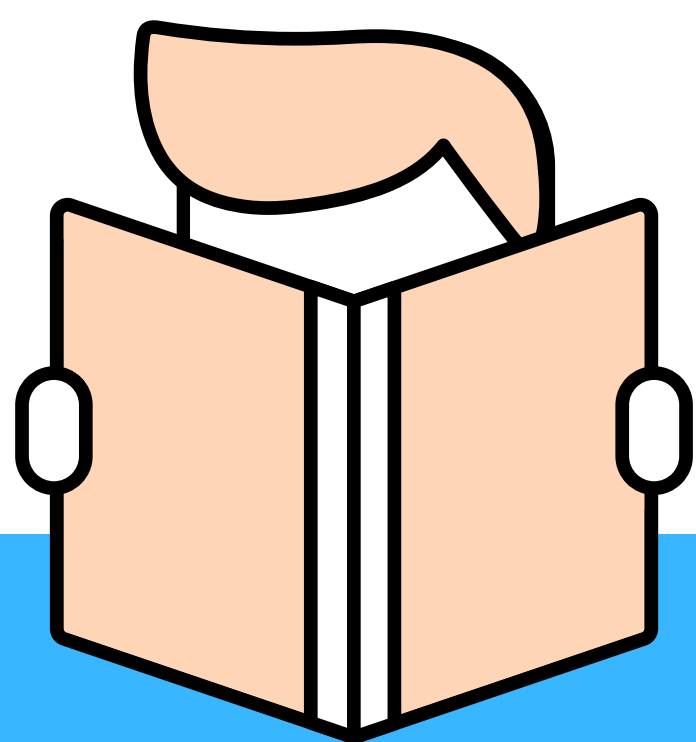
- Go for a bike ride or on your scooter
- Create an obstacle course in your house or back yard
- Play a game inside or out
- Yoga (Check out Cosmic Kids Yoga on YouTube:

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

- Kick a ball
- Play fetch with your dog
- Go for a walk. Find a nice leaf. Collect sticks.
- Do a job in the garden eg pick up leaves
- Just dance for kids on Youtube
- Stretching

QUIET TIME ACTIVITIES

- Draw a picture
- Make a card
- Make book
- Have a snooze
- Complete a puzzle
- Read a book
- Listen to an audible story on your iPad
- Play a board game
- Draw 3 things that make you happy
- Make a scrapbook of your favourite things
- Draw what you see in your window



CREATIVE TIME!

- Build something with Lego/blocks
- Cook/bake something in the kitchen
- Make paper aeroplane. Play aeroplane races with your family
- Play some music and have a dance
- Get crafty - cut, stick, thread, paint, draw, colour
- Make a cubby - a sheet over a table is a great starting point. Use a torch to read in your cubby
- Create sock or finger puppets
- Trace around cookie cutters to create drawings
- Make some bubble mixture. Link to instructions:

<https://www.thesprucecrafts.com/make-your-own-bubble-blowing-mixture-1244214>

- Draw outside with chalk
- Play with Play-Doh
- Paint rocks
- Play 'I spy'
- Create a scavenger hunt
- Create a time capsule
- Build a tower
- Collect natural materials from outside and sort them in different ways
 - Eg - by size, type, texture, colour
- Sort Lego blocks in a range of ways eg colours and size
- Make a junk model out of your recycling
- Hold a photo session using a mobile phone or camera. What will you photograph? Your pet, toys, numbers, letters?
- Draw a map of your house
- Practice cutting - cut shapes, draw and cut out zig zags, swirls, straight lines, swirly lines etc

NUMERACY ACTIVITIES

- Practice writing numbers or shapes in shaving cream, paint, sand, play dough, pebbles
- Practice counting and grouping objects at home
- Explore different objects and their weight eg what is heaving and what is light?
- Think about length. How far can you jump? Take big steps and small steps around the house.
- Mark off the calendar each day
- Use a stop watch to time 1 minute.
- Does it take longer to brush your teeth or walk the dog.

LITERACY ACTIVITIES

- Practice writing letters and words in shaving cream, paint, sand, play dough, pebbles
- Sensory walks collecting different materials
- Act out your favourite book
- Make a sensory bottle by adding food colouring, glitter, items into a water bottle. Describe what you see.
- Sing nursery rhymes.
- Imaginative play - zoo, family, school, farm, puppet show
- Listen to read aloud stories on YouTube

PARENT HELPER

- Water plants
- Sort the Laundry; dark and light, match up socks
- Set the table
- Put toys away
- Restock toilet paper
- Help in the garden
- Make your bed
- Wipe doorhandles, tables, chairs, light switches etc
- Vacuum around the house
- Write a shopping list
- Dust objects
- Help with the washing
- Empty the dishwasher
- Pack away lunch/snack
- Write kind notes and place into neighbours' mailboxes
- Make video instructions for jobs around the house
- Vacuum/sweep the floor