**Weekly Activity Menu**

Dear Parents,

All of the tasks below are completely optional and there is no pressure whatsoever on children to complete them. I just wanted to give you some more options and from the children’s point of view some more fun tasks and projects. It would be great if you could send little pictures or messages on the Padlet page of the children working on any of these tasks so that they can keep in touch with one another at a class level. <https://padlet.com/ryan259/d9vpchgrij09>

Feel free to contact me with any questions.

Ryan

* Social Skills/ Independence Skills
* Gross Motor/PE/Movement Breaks/Simple Exercises
* Curriculum based skills (Art, Science, STEM, Fine Motor)

**Monday**

* Tidy up your toys and decide on your favourite to play with.
* Make a phone-call or video-call to a friend/classmate and ask them 3 Questions about their day.
* Draw a picture of you playing with your favourite toy and post the picture on our class Padlet page.
* Go for a walk with your parents or a sibling.

**Tuesday**

* Build a funny character using things that are around your home. You can use anything (cardboard, toilet roll holders, play-doh, sand, tape , blue tac, lego etc.) Post a picture on our Padlet!
* Watch Tracy’s Zumba video on the school website and see if you can copy any of her moves ☺
* Challenge yourself to learn how to tie your laces or see how quickly you can do it using a timer.

**Wednesday**

* Ask your Mum or Dad if there’s any jobs/chores which you could do for them. They would appreciate the help ☺
* Write down any fruit or vegetables you’ve eaten today and send a picture through Padlet of how healthy you are eating.
* Use a timer/stopwatch to see how long you can: Run on the spot

Jump on the spot

Hop on each foot

* Put on a Just Dance video from Youtube of a song you like and try and follow the dance moves. Here’s one of Super Mario Dancing <https://www.youtube.com/watch?v=RxwziZzFef4>

**Thursday**

* Try to complete a puzzle or jigsaw on your own or with a sibling/parent. Try to do your best teamwork.
* Try a new food or have another go at tasting a food that you weren’t sure about before.
* Read your favourite book aloud to someone in your family. Try to read as much as possible. Get an adult to ask you questions about what you’ve read.
* You could try a very simple workout from Youtube <https://www.youtube.com/channel/UC2eP2lZ7RzHDBWfAWMH21xw> or if it’s too easy you could try <https://www.youtube.com/watch?v=d3LPrhI0v-w> which is more difficult.

**Friday**

* Go for a nature walk and write down the names of any animals, insects or plants you see! You could look up your favourite and do a project on it! Please share it with us on the Padlet!
* Check all the bins in the house and take them out. See how quick you can do it using a timer!
* Log on to Reading Eggs and complete some exercises. This is a fun way to read. I have sent on all your passwords to your parents.

Have Fun!! ☺