**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 books and decide on one to read or re-read.
* Make a phone-call or video-call to a friend/classmate and ask them 3 Questions about their day.
* Draw a picture of you and your friends post the picture on our class Padlet page.
* Go for a jog with a family member or around your house/garden.

**Tuesday**

* Build a scary monster. You can use anything (cardboard, toilet roll holders, play-doh, sand, tape , blue tac, lego etc.) Post a picture on our Padlet!
* Watch the weekly challenge video and see if you can have a go at one of the art videos ☺
* Challenge yourself to learn how to make your own breakfast like cereal or toast or something simple.

**Wednesday**

* Make a sensory bottle. A simple lava lamp using oil, food colouring and a vitamin C tablet can provide hours of fun ☺
* 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**

* Create a collection of bottle caps and when you have a good amount try to sort them by size and colour. They could also be used for counting and simple addition/subtraction sums.
* Try a new food or have another go at tasting a food that you weren’t sure about before.
* Hide some small toys in sand, rice or some kind of liquid where you can’t see the toys. Then try to guess what toys you fish it by using your sense of ‘feeling’. No peeking!
* 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!
* Do some Breathing Exercises, Meditation or Yoga to calm yourself. There are loads of videos on Youtube.
* 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!! ☺