**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**

* Call your grandmother/grandfather or another relative and interview them about when they were younger.
* Watch our weekly challenge video and see if you can find some of the resources needed to make a ‘Great Big Hug’ card.
* Draw a picture of your favourite animal and post the picture on our class Padlet page.
* Go for a jog with a family member or around your house/garden.

**Tuesday**

* Write an Acrostic Poem about your Granny or Grandad. All you need to do is write their name down and try to think of words to describe them. Post a picture on our Padlet of your effort!
* Watch the weekly challenge video again and begin to try and make the ‘Great Big Hug’ card.
* Challenge yourself to eat your ‘five a day’. Try to get into the habit of eating five pieces of fruit or vegetables every day.

**Wednesday**

* Write a letter/postcard to your grandparent and let them know how much you miss them and can’t wait to see them. There’s a template attached to our weekly challenge.
* 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**

* Go on a Rainbow Scavenger hunt! 
* Choose a movie to watch with your family and have a family movie night.
* 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**

* Paint some eggs and make funny faces on them. I’d love if you posted pictures of these characters 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!! ☺