



Challenge of the Week

Week Beginning 8th February 2021

Make Breakfast



Make your own breakfast



1. Choose what you would like to have for breakfast. This could be *cereal, toast* or maybe even *fruit and yoghurt*.
2. Collect everything you need: possibly *a bowl; spoon; cereal and milk or bread; butter; a butter knife; chopping board and a plate or a bowl*. You might need *fruit; yogurt; butter knife and a spoon*.
3. Pour your cereal and milk into a bowl. Remember take your time and you can always ask for support if you need it.
4. If you are having toast, place your bread into the toaster. ***Ask an adult to switch it on***, stand back and wait for the toast to pop up. *Ask your adult to lift it out as it may still be hot*, then once cool you can use a bread knife to spread your topping. **(Supervise your child at all times while using a knife.)** See if you can cut your toast into triangles or rectangles.
5. For those having fruit and yogurt carefully cut up your fruit, then pour all the fruit into a bowl. Scoop the yogurt into the bowl and mix all together

What my child will gain from this experience:

It is extremely important for any child to develop independence and begin to make choices of their own.

By giving a child this challenge it will allow them to choose themselves what they wish to eat (*giving them the opportunity to think about healthy choices*). This gives them a sense of responsibility and trust, allows a child to problem solve, build memory, gain life skills and develop confidence.

- Makes an attempt to take turns when listening and talking in a variety of contexts
- Makes an attempt to use appropriate body language when listening to others, for example, eye contact
- Listens and responds to others appropriately
- Asks questions and responds relevantly to questions from others
- Follows and gives simple instructions
- Shares ideas with a wider audience, for example, group or class.

As I listen and talk in different situations, I am learning to take turns and am developing my awareness of when to talk and when to listen. LIT 0-02a / ENG 0-03a

Well done for completing the challenge.
You should be very proud of yourself!

*You can always try making a
different kind of breakfast
tomorrow.*



Please share some of your photos with us. We love to
see you overcoming a challenge and of course your
wonderful smile! 😊

[Tweet us @HazeldeneFamC](#)