

Beach House Activity Pack



Suggested Timetable

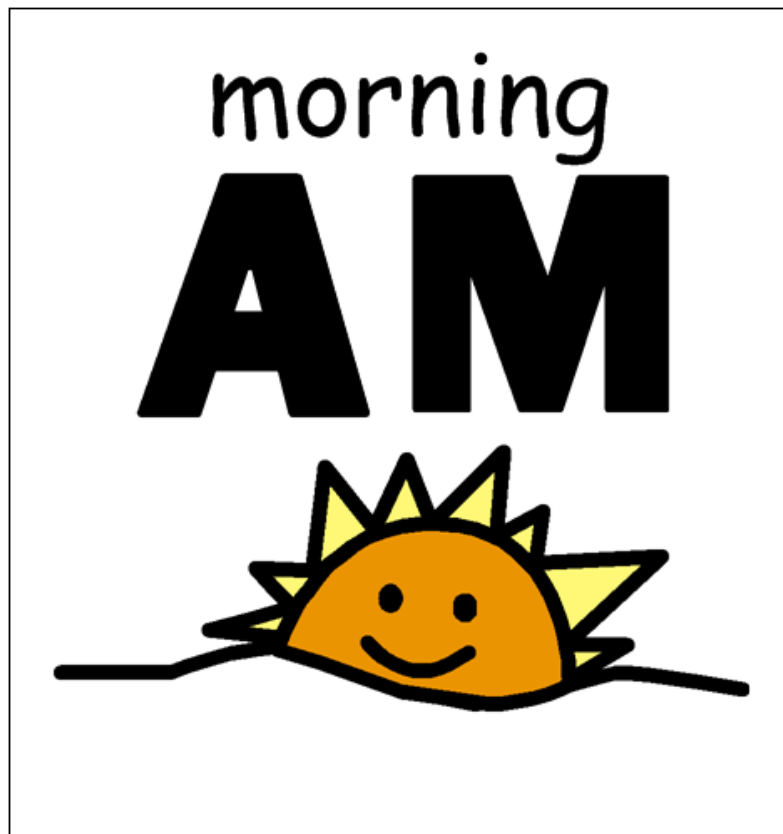
 <p>Breakfast</p>	 <p>Morning Routine Songs</p>	 <p>Google Classroom Learning</p>
 <p>Exercise</p>	 <p>Lunch</p>	 <p>Get Creative Time</p>
 <p>Yoga/Meditation Time</p>	 <p>Free Play Time</p>	 <p>T.V. / iPad Time</p>



After Breakfast Routine - Sing and Dance Along!

(Click on the links to listen to the songs, all songs can also be found on YouTube by searching song title 😊)

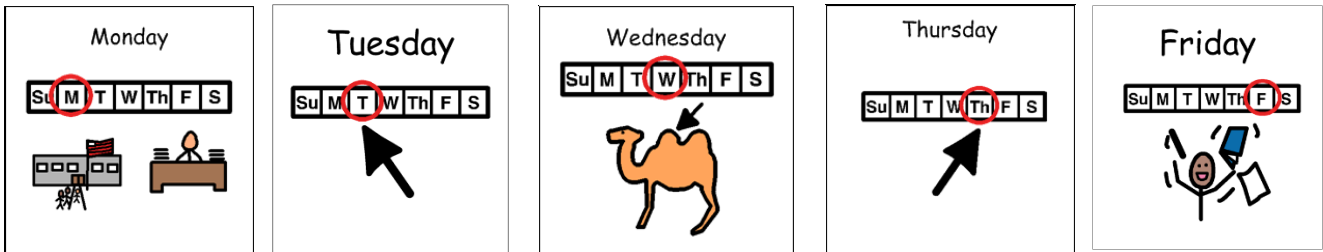
*Good Morning, get your brain and
body ready for a good day!*



Song: "Have a good morning, have a good day" song (Jack Hartmann)

Link: <https://www.youtube.com/watch?v=Xb29Js0wehg>

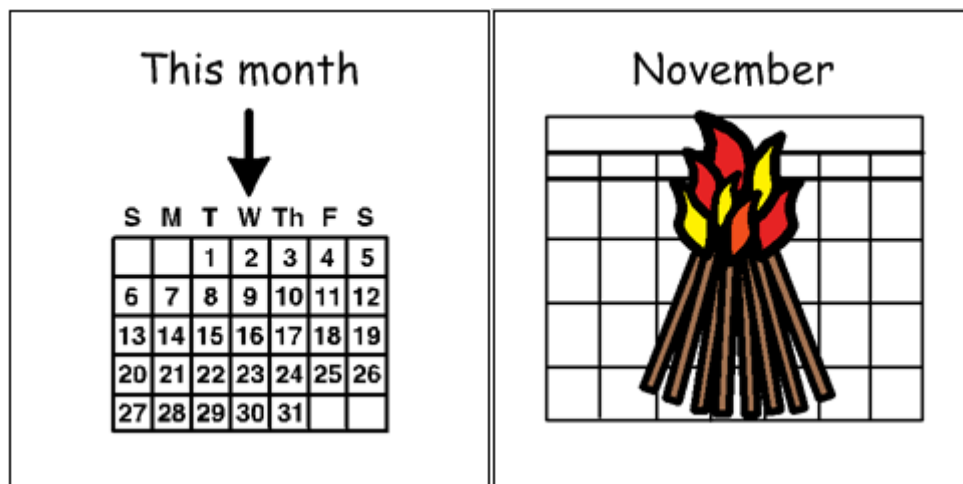
What day is it today?



Song: "Days of the Week" song (Adams Family tune)

Link: <https://www.youtube.com/watch?v=oKgAblcwFOA>

What month of the year are we in?

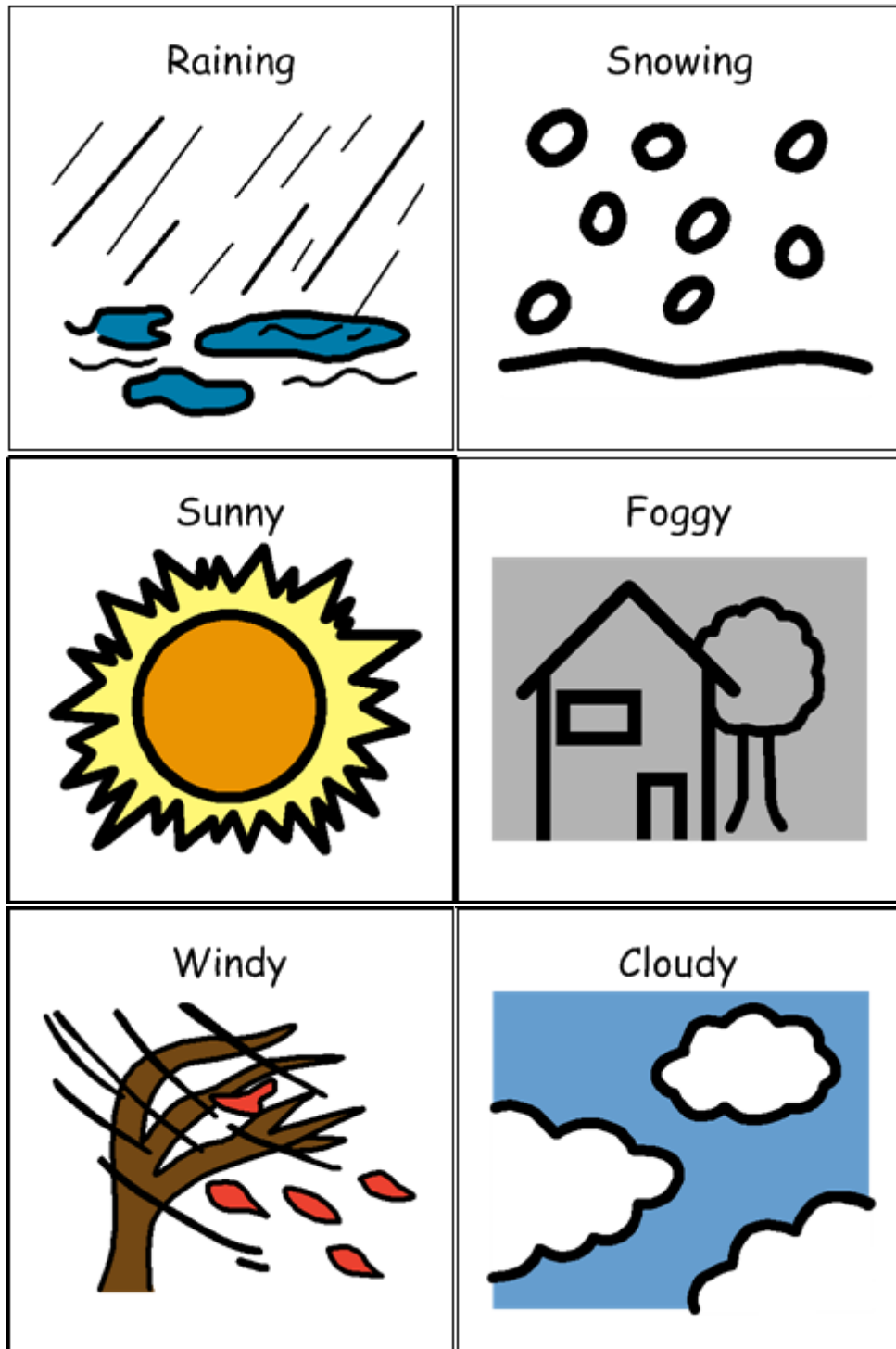


Song: "Months of the Year" song (to the tune of "Ten little" song)

Link:

https://www.youtube.com/watch?v=5enDRrWyXaw&list=PLqv4y60m_3_BsDssdzrCueiho5Tc-1j8

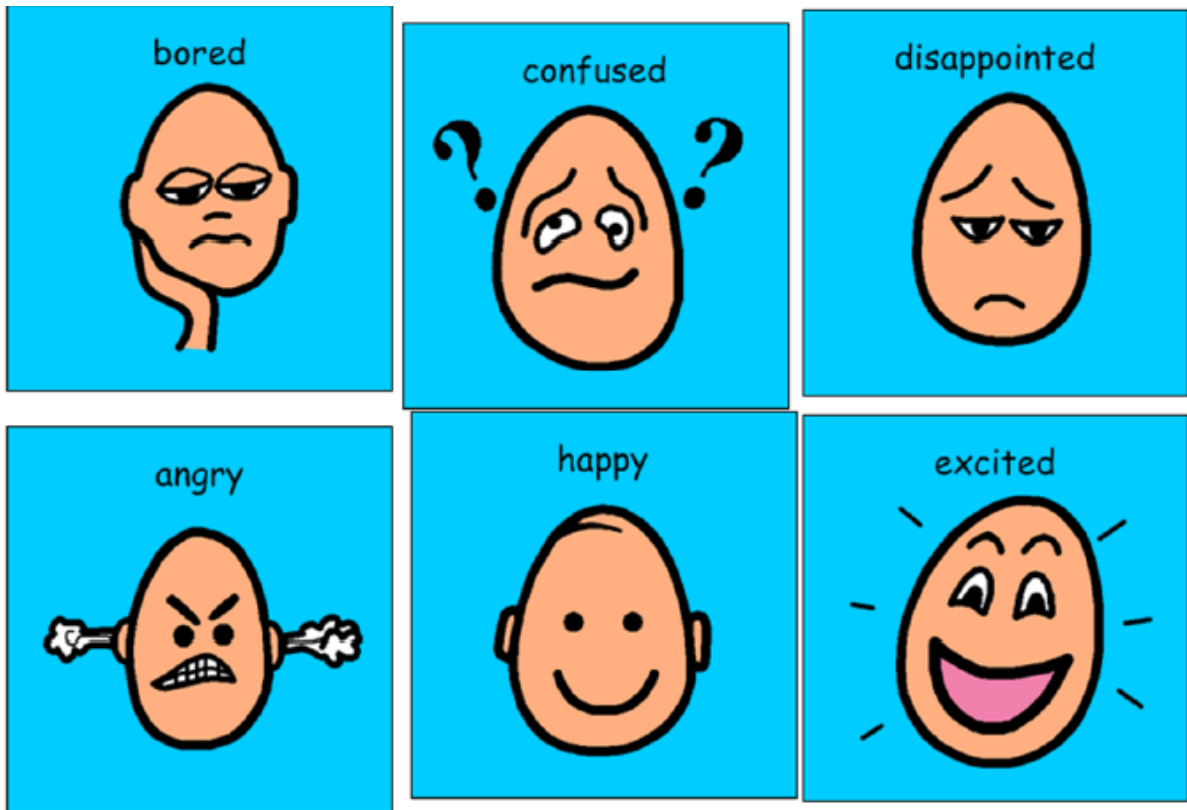
Look outside, what's the weather like today?



Song: "What's the Weather Like Today" (Weather Song for Kids The Kiboomers)

Link: <https://www.youtube.com/watch?v=Jn7uAsLWXpk>

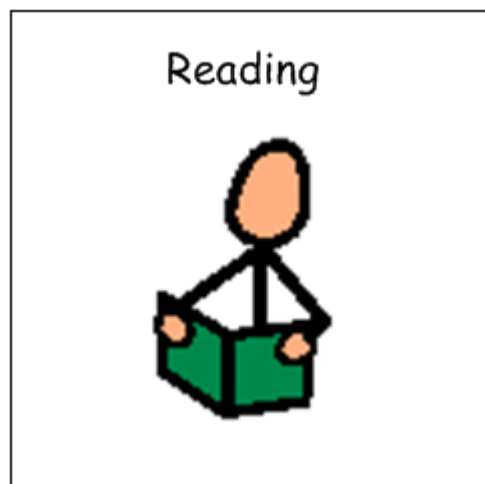
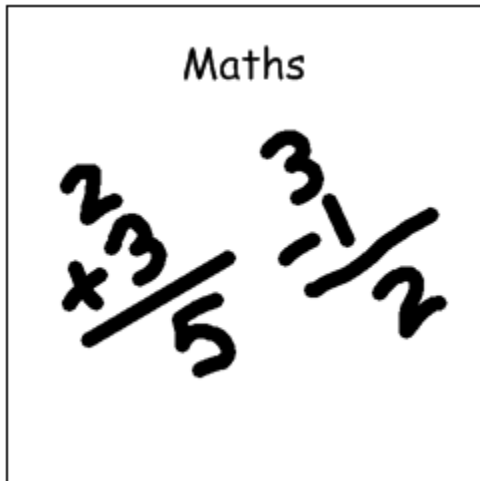
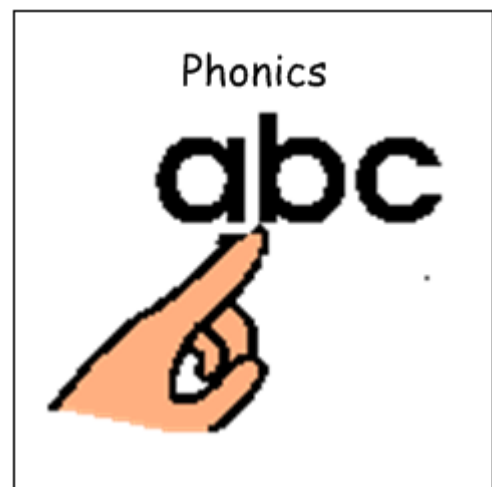
How are you feeling today?

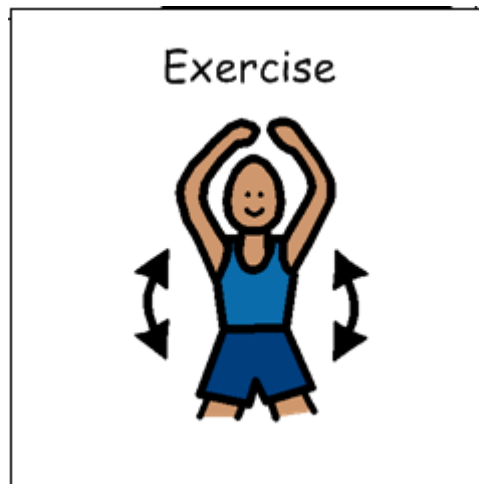


Song: *The feelings song*

Link: <https://www.youtube.com/watch?v=-J7HcVLsCrY>

Time to Login to your Google Classroom





Try to exercise for at least 20-30 minutes

Exercise Videos:

Try any of Joe Wicks Workouts:

Link: <https://www.youtube.com/channel/UCAxW1XTOiEJoOTYlRfn6rYQ>

Try any of the Little Sports
Workouts:

Link: <https://www.youtube.com/watch?v=Vc5qdzxAeEO>

Try any of the Just Dance Kids
videos:

<https://www.youtube.com/watch?v=ziLHZeKbMUo>

Get Creative Time



Paints



Paint a picture

Crayons



Practise mindful colouring

Scissors



Practise your cutting skills

Dress-up



Dress up and put on a show

Puppets





Yoga/Meditation

Try any of the Cosmic Kids Yoga
Videos:

Link: <https://www.youtube.com/watch?v=YR1OxBk8BF4>

Listen to the relaxing meditation
music (KidsZen):

Link: <https://www.youtube.com/watch?v=5HrkXT5Bc9E>