

Communication

Help with the Chores

Encourage your child to follow simple instructions by helping with daily chores, such as laundry or emptying the dishwasher. Ask your child to find the blue shirt or to match the socks up. Ask your child to pass you the cups/spoons.



Our Song of the week

The little green frog



Mmm mmm went the little green frog one day,
{Try sticking your tongue out on the second mmm}
Mmm mmm went the little green frog,
Mmm mmm went the little green frog one day,
And the frog went mmm mmm bleblebleble.
{Make a noise with your tongue and wave your hands}
But we know frogs go
Na na na na na, Na na na na na, Na na na na na
We know frogs go
Na na na na na
They don't go mmm mmm bleblebleble.

Curiosity, Inquiry and Creativity

Building Blocks

Encourage your child's creativity by providing them with a variety of different size and shape building blocks. Make it fun by having a completion to see who can build the best building or village with the blocks.



Recipe of the week

Home-made pizza



You can use wraps or pitta bread to create an easy and tasty pizza at home. Cover your chosen base in tomato puree and then add your favorite toppings, such as ham, cheese or mushroom. This is a great way of encouraging your child to try new foods and develop their fine motor skills by spreading or chopping ingredients. Why not see who can make the funniest face on their pizza.

Outdoor Play

Make sure you play outside for a while today; you could go to the park or stay in your garden.

Corsehill Early Years Bronze Activity Sheet 5

Story Time

Choose a book, snuggle up on the sofa or in bed and read your book together.



Wellbeing

Mindfulness

During this difficult time it is important to encourage your child to take time to think about their emotions and is important for them to have ways to deal with them. This is a nice easy way to help your child handle some of the bigger emotions they may be feeling right now.

Bubbles!

Take a nice deep breath in and when you breathe out, slowly and gently blow away anything bad or scary into the bubble.