

Home Learning Advice for Parents

NORTH LANARKSHIRE

Early Level: **Active**

Cosmic Kids Yoga

Kids love to dance and this link takes you to a fun song 'Move and Freeze'. Children follow the actions and freeze when the music stops.

<https://www.youtube.com/watch?v=388Q44ReOWE>

Balloon Game

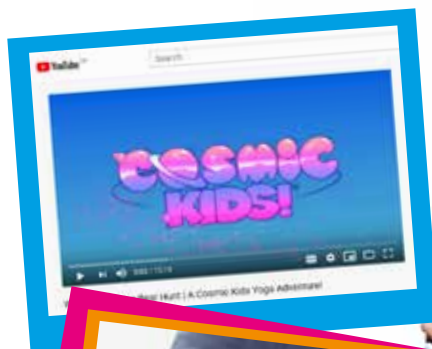
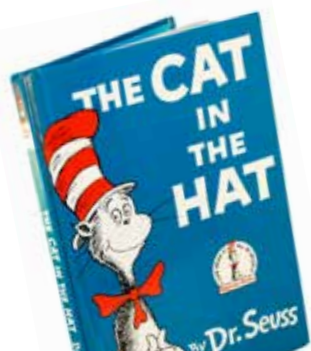
Don't Let The Balloon Touch The Ground: This is the classic game that children love every time. The rules are simple – hit the balloon up in the air but don't let it touch the ground.

Sometimes the most simple games are the best ones. Play Simon Says where your child does whatever action you do (as long as you say 'Simon says' first). The sillier the moves, the better! Think animal movements, dramatic actions and anything on one leg!

Story Time

Story time doesn't have to be just a bedtime ritual. Pick a book that has a word that's often repeated.

For example, choose the word "hat" if you're reading The Cat in the Hat. Every time the word comes up in the story, get your child to do a jumping jack.



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