

SCREEN FREE HOME LEARNING

Literacy	Maths	Health and Wellbeing	Other
<ul style="list-style-type: none"> ● Find a quiet and cosy place to read a book ● Create and design a new character or cover for your book ● Create a special card for someone you know ● Write a song about someone you love ● Follow a recipe to make your favourite snacks ● Write down a recipe for how to make a special treat ● Help to write down the weekly shopping list ● Create a play or puppet show and perform it for your family. 	<ul style="list-style-type: none"> ● Go on a shape hunt around the house or on a walk, what different shapes can you find? ● Go on a number hunt, where can you find numbers around the house or local area? ● Measure out ingredients when helping to cook ● Make your own pretend shop ● Order items from around the house in size order. Measure them too. ● Order items from around the house from lightest to heaviest. Check your estimations using scales. 	<ul style="list-style-type: none"> ● Create your own 'calm kit' using items in the house ● Create your own daily check in to use at home ● Practice some breathing exercises ● Make up your own dance routine ● Make your own circuit of exercises (star jumps, squats...) ● Listen to your favourite music ● Write down some positive affirmations about you. Display them somewhere (I am kind, I am a good friend) ● Make an obstacle course 	<ul style="list-style-type: none"> ● Build something using Lego, blocks or recyclable materials ● Create your own musical instrument ● Make your own den ● Learn how to make your own bed ● Learn how to use a Hoover ● Learn how to use the washing machine. ● Make your own playdough ● Draw a picture of yourself or your family ● Make your own paintbrushes using materials from outside or around the house (twigs with leaves or material)