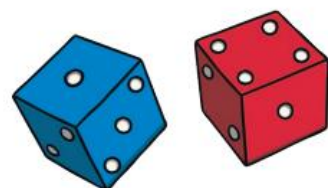


Turn Taking



Roll a dice and then jump the number.

Take turns rolling a dice

You can also try

- Throwing a ball
- Rolling a ball back and forth
- Doing star jumps

Independence skills



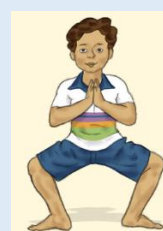
Making toast with support

- Put bread in the toaster
- Switch on the toaster
- Safely remove the toast from the toaster
- Spread the butter or topping on the toast

Calming

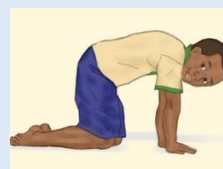
Learn 5 animal yoga poses for children - Helps attention and concentration

- Put on relaxing, calming music and have a go
- If your child shows interest, take a look at this Youtube link called 'Yoga Time! On the Farm -Kids Yoga and Nursery Rhymes. <https://www.youtube.com/watch?v=YKmRB2Z3g2s>



1. PRETEND TO BE A HORSE STANDING STRONG IN THE BREEZE.

How to practice Horse Stance: Stand with your legs apart and feet facing slightly outward, bend your knees, and stand firm like a horse. Chat with your child about the different colours of horses and ask which colour they would like to be if they were a horse. Then let out a hearty neigh



2. PRETEND TO BE A CAT WAKING UP FROM A NAP.

How to practice Cat Pose: Come to an all-fours pose, round your back, and tuck your chin to your chest. Pretend to a cat and don't forget to meow.



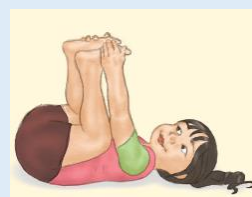
3. PRETEND TO BE A COW GRAZING ON GRASS.

How to practice Cow Pose. Come to all fours, look up, arch your back, and open your chest. Mimic the chewing of grass and give a hearty moo!



4. PRETEND TO BE A TIGER STRETCHING OUT IN THE SUN.

How to practice Tiger Pose: Come to all fours, extend one leg behind you, and look forward. Take the opposite arm out in front of you to counterbalance. Don't forget to repeat on the other side. Roar like a giant tiger.



5. PRETEND TO BE A BEAR CUB PLAYING IN THE MEADOW

How to practice Bear Cub Pose: Lie on your back with your chin tucked in and hug your knees into your chest. Then grab the outer part of your feet with both of your hands and rock like a happy baby. Share how large bear cubs grow up to be and teach them how to let out a mighty roar.