

Turn Taking



Making paper cup telephones

- You need 2 paper cups and poke a hole in the bottom of each cup big enough to thread string or wool through
- Cut 15cm piece of string or wool and thread one end from the bottom of the cup and tie inside and repeat with the other end of the string or wool.
- You and your child have a cup each and walk away from each other till the string is tight and take turns talking into the cup and listening

Independence skills



Making easy Rainbow Pizzas with support

- Use one tortilla wrap and spread two spoons of pasta sauce over the top
- Sprinkle the cheese(s) of your choice to cover the wrap
- Put chopped red tomatoes around the outside, next chopped orange peppers, next sweetcorn, next green spinach or broccoli or pepper or spring onion and finally chopped purple onions
- Put in oven 200c fan for 4-6 minutes depending on how hot your oven is

Calming

KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!