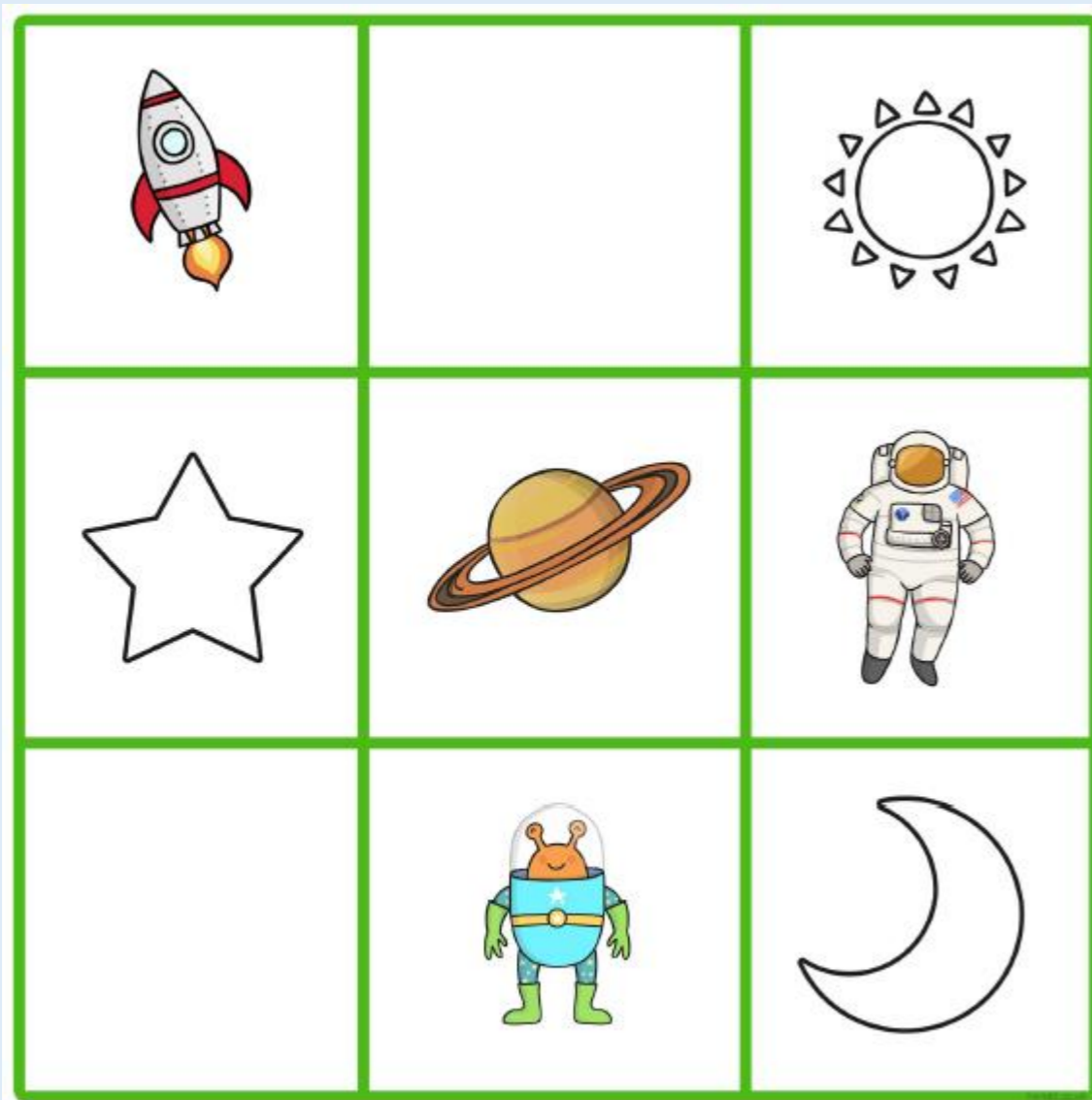


Speech and Language

Ask an adult to help you practice your listening skills.
Listen carefully to one instruction at a time. Can you do exactly what you are told to do?



1. Draw a star under the rocket.
2. Draw a line above the planet.
3. Draw a triangle next to the astronaut.
4. Draw a square next to the alien.

5. Draw pink dots on the star.
6. Colour the sun yellow and blue.
7. Draw green lines on the moon.

Motor skills



Click on this link to develop your throwing accuracy skills at home

https://www.youtube.com/watch?v=tHRvquNKf1Q&list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&index=4



Task 1 = Two handed throws into a large box. Move the box closer or further away to improve your skills.



Task 2 = One handed throw into a box. Move it further away or make the box smaller.

Remember – Watch where you are throwing at all times to help your accuracy

Feelings and Behaviour

How Do You Feel Today?



twinkl Quality Standard Approved

It is really important that we know how we are feeling.

- Sometimes we feel sad and if we do something fun it helps us feel happy.
- Sometimes we are excited because we are doing something we really want to do.
- Sometimes we feel worried and if we tell someone about our worries we feel much better.

How do you feel today? What has made you feel like that?

Can you draw a picture of yourself looking happy?

Have a go at Tummy Breathing with a teddy. It always makes me feel calmer.

TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.



Click on this link to watch how Breathing Buddies will help you to feel calmer

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