

Speech and Language



An adult needs to give the child these instructions to follow.

Colours

Touch something red.
Touch something blue.
Point to something green.

Two Step Direction

Touch a tree, then a sign.
Touch the girl, then the fox.
Touch the boy, then the bird.

Vocabulary

Touch a tree.
Touch the snowball.
Point to an animal.
Touch a hat.

Verbs

Touch someone who is throwing.
Touch the child who is fishing.
Point to the person who is skiing.
Touch someone who feeding the bunny.

Challenge questions

Touch something that is not white.
Point to someone who is not fishing.
What do you know about Winter?

Gross Motor Skills / Physical activities



Click on this link to develop your hand eye co-ordination at home

<https://www.youtube.com/watch?v=08AlvWfmJlo>



Task 1

- Ask your partner to throw a balloon up in the air. Can you hit it back to them with one hand?
- Now try with the other hand.
- Now try with both hands.

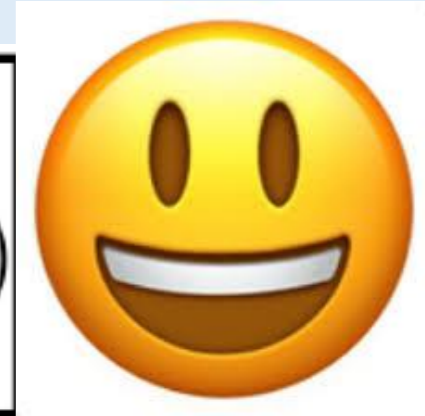


Task 2

- Challenge your partner to see how long you can keep the balloon in the air for.
- How many times can you hit the balloon to each other?

Remember – Keep your eyes looking at the balloon and try to hit it back towards your partner. If you don't have a balloon, use a crunched up ball of paper.

Feelings and Behaviour



How are you feeling today?



Self-Care Tip:

Make a list or draw pictures of all the things that make you happy.

Think About It:

What could you say to a friend who is feeling sad?

Character Trait of the Day:

helpful
help · ful (adjective)
giving or ready to give help

How will you be helpful today? _____

Try this Mindful Exercise!

Rainbow Breaths

1. Start with the first color of the rainbow.
2. As you inhale, fill your mind & body with that color.
3. As you breath out, imagine that color leaving you and taking away all of the negativity as you prepare to breathe in a new color.
4. Repeat this with each new color until you get through the rainbow.



Draw a picture of someone being helpful.