

Activity ideas

Make your own play dough following the recipe.	Practice writing letters or numbers by tracing them in sand, flour, shaving foam or salt.	Make your own lunch. Write a list of ingredients you used to make a sandwich.	Do yoga following a routine from YouTube. Search 'Cosmic kids yoga'.	Help mummy or daddy fold the washing. Sort the clothes into colour groups.
Go on a nature hunt around the garden. Count how many objects you find.	Prepare a fruit salad. Chop up a banana. How many slices have you got?	Watch a CBeebies bedtime story.	Tidy your bedroom and make your bed.	How many birds can you spot in the garden? Keep a tally for the day.
Observe the weather today. Write a sentence or draw a picture.	Look at what time the sun sets each day.	Help wash up the pots and pans.	Set the table for dinner, count the amount of knives and forks you need.	Practice tying your laces and zipping up your coat.
Put your socks into pairs.	Draw or paint a picture of your family. Include your pets!	Make an obstacle course in the garden.	Open all of the curtains in each room in the morning.	Help mummy or daddy by polishing or dusting the house.
Use your recycling like milk bottles and boxes to make a junk model of a farm animal.	Write a list of 3 things that made you happy today.	Run 5 laps around your garden.	Use empty boxes and pots to make musical instruments.	Dance and sing to your favourite song