

Home Workout

Design a workout for you and your family to follow. Look at 'PE with Joe' on YouTube for ideas. Draw your plan then lead your family in some exercises. Remember a nice relaxing cool down at the end like we use in Cosmic Yoga.

<https://www.cosmickids.com/category/watch>



Fischy Music

Join the Fischy Music team and Ms Herd live every Monday morning at 11am for some new songs and songs you will recognise from Singalong!

<http://www.youtube.com/fischymusic>

The World of Work

Make a list of the key workers who are working hard in your local community. Think about the skills they need to do their jobs?

We practised Communication Skills and Working with Others at school. Can you see any ways grown-ups around you are using these skills to do their jobs? How are **you** using these skills at home?

Make Playdoh

Ingredients:

- 1 cup of flour
- ¼ cup of salt
- ¾ cup of water
- 3 tbs lemon juice
- 1 tbs veg oil
- Food colouring (optional)



Heat water, oil and lemon juice in a large pan and add food colouring. Add flour and salt stirring all the time over a medium heat. Stir until the ingredients are dry and begin to form a ball. Place on a dry surface and knead to make pliable. Store in an airtight container in the fridge.

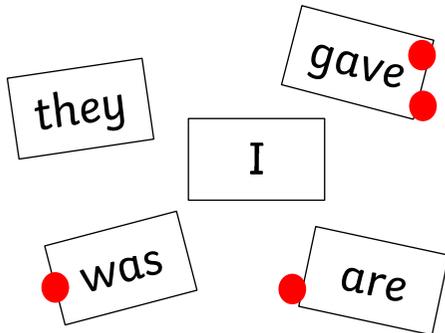
There are lots of ideas for playdoh mats here -

<https://www.playdoughtoplato.com/100-free-playdough-mats/>

Pop them into a plastic wallet before using them.

Word Detective

Look out all your Tricky Words from your book bag. Make sure they have all been cut up! Choose 5 words and search through your favourite books. Keep count of how many of each you find. Use tally marks or counters next to each word to help you.



Cook or Bake

Help an adult to cook or bake something yummy for your family to enjoy. Perhaps this could be something new that none of you have tried before. What skills have you used? Draw instructions including what you used and what you did?



Diary

Learn to say the days of the week in order. Keep a diary of your time away from school. Each day write or draw at least one thing you enjoyed or did differently. Can you break your diary up into different times, eg. before and after lunch? Can you make your own Days of the Week poster?



