**Here are some ideas and activities from our Getting Ready to Learn Programme for you to try this week…**

**Happy Healthy Kids**

* Yoga -Try cosmic yoga for kids on YouTube, a fun way for the whole family to relax.
* Bean-Bag Challenge – How many bean-bags/rolled up socks can you throw in a hoop, in a bucket or target? Balance a bean-bag on your head and have a race!
* Finger Gym – Thread pasta onto a shoe lace. Use tweezers to pick up pasta. Push/Pull Lego bricks together. Or get creative and finger paint.

**Education Works**

* Use Play-doh recipe and encourage creativity.
* Jigsaws – make your own jigsaw out of old pictures/photos. Glue onto card and cut into large jigsaw style pieces.
* Spot the Difference – Get your child to close their eyes. Change one things eg take off a sock/put jumper back to front. Ask them to ‘spot the difference!’ Vary by using different rooms and props.

**Ages and Stages**

* Memory Game – Gather three or four items and place on a tray/surface. Allow the child to study them for a few minutes and then cover. How many can they remember? Add or remove items depending on how easy your child finds the game.
* Positive Thinking – Set up a ‘post box’ (a shoebox is ideal). Write positive notes to post and read back. This reinforces good behaviour eg I love how you tidied your toys today/I’m happy you put away the dishes/You shared well with your brother.
* Kinetic Sand (ratio 5:3:1) – Use a small container – five part sand, three parts cornflour and one part oil. Beach sand or play sand can be used. Add containers and toys to make play more stimulating.

**Big Bedtime Read**

* Reading corner – Set up a reading corner in a quiet area at home with cushions, soft blankets and cuddle up to share stories.
* Bedtime Routine – Set aside time today to plan bedtime routines for the next few weeks eg bath, supper, brush teeth, story, bed.
* Rhyme Time – Sing Nursery Rhymes together and get your child to act out each one.