

Fine Motor / Gross Motor Suggested Activities

Manipulate sponges in water and squeeze out water. Helps to build small muscle strength.

Drawing and painting to build fine motor skills.

Practise writing your name
Paint your name

Use pegs - help mum hang the washing on the line.

Help fold washing

Balancing activities – balance on 1 leg for 10 seconds, 1 minute... experiment with different times.

Balance on a rope or a piece of string.

How far can you go without falling off? How long does it take for you to balance along the string or rope? Use a timer. Have fun!

Please feel free to select the activities of your choice from these learning areas. There is no requirement to complete all of the activities. These are merely suggestions.

Five Minutes' Peace By Jill Murphy

Creative / Sensory Suggested Activities

Create a bath – get a bucket or baby bath, or tub and fill with water and soap suds or bubble bath and wash dolls and/or toys. Add sponges and cups and encourage exploration and experimentation.

NB: Please supervise water activities carefully.

Draw a picture of your family.

Colour mixing – if you have access to paints experiment with mixing colours. How can you make grey? What other colours can you make when mixing two colours at time?

Draw / paint an elephant

Draw a picture of something you could do to help mum at home.

General / Mindfulness Suggested Activities

Google to find out information about elephants.
Do elephants take a bath? Do they like having a bath?

Listen to relaxation music for 5 minutes or longer.