

Time to get up!

Can you make your bed?

Wash your face and hands?

Brush your teeth!

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Breakfast time

Can you pour your drink?

Can you help make
breakfast?

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Physical time

Can you create a dance
routine?

Why not try a yoga
routine on YouTube. Search
Cosmic Kids Yoga.

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Creative time

What can you make from
items found in your house?
A rocket? Car or Building?

Can you paint a picture?

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Lunch time

Can you help make lunch?

Can you wash your cup?

Why not try some baking?

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Song Time

Sing nursery rhymes or
songs. Move to the beat!

Can you make instruments
with junk modelling?

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Maths time

Can you find objects that are all the same shape in your house?

Can you count objects?

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Imagination time

Why not have tea parties with your teddies, adults or toys?

Can you find items to make a den?

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Fine motor time

Can you thread onto string using beads, buttons, paper shapes?

Can you use pegs to peg things on a line?

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Tea Time

Can you help create a recipe for tea?

Can you listen to instructions and collect all the ingredients?

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Wind down time

Can you explore floating and sinking with objects in the bath?

Can you help put your pyjamas on?

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Bed time

Enjoy a story with an adult. Can you guess what will happen next? Can you make up a new ending? What sounds could be in your story?

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