



'How can I help others?'

<p>Help make a shopping list for your household. Check to see what essential foods and ingredients you may need. Maybe you could help make something with the ingredients you choose?</p>	<p>Design place mats for the people in your house. You could use plain or patterned paper strips to make a weave design. You could write everyone's names on each or ask an adult or sibling to help you.</p> 	<p>Why don't you read someone in your house a story? You can turn the pages and look at the pictures to help you read/recreate the story.</p>	<p>Using a printed or written copy of your name, use any small objects you have (pom-poms, buttons, or stones) to place on top of the letters to encourage fine motor skills and letter recognition.</p>	<p>You could practice mark making in a tray or on a plate using salt, flour, sugar or rice. Use your finger to draw a picture for someone or to write letters in your name.</p>
<p>Help your family lay the table for breakfast, lunch or dinner. Can you count how many knives, forks and cups there are?</p>	<p>Make a cake for someone in your house. Can you recognise any numbers on the scales? Do you need more/less?</p>	<p>Using a circle, create a lollipop sign. Once it is finished, why not go outside and pretend to be a lollipop person! Can you find a road sign that is a triangle or a rectangle? Can you create one of these too?</p>	<p>Using different shapes, can you create some pictures of people that help you? Can you use circles, squares and triangles to create a police person? You could display them on your window for others to see.</p>	<p>Why not make your own Post Office? Use old boxes to create a post box and paint or colour it. Once you have finished, pretend to be a Post Master. Measure your letters and give them prices. You could ask an adult nicely for some pennies to use.</p>
<p>Ask an adult to help you make 3-ingredient shortbread. Once you have made these, you could put them in small bags and leave them out for key workers. For example, the postman. https://www.biggerbolderbaking.com/3-ingredient-shortbread-cookies/</p>	<p>Ask an adult to wash out a soup or bean tin. Decorate it with materials you have in the house. Draw a picture or ask an adult to help you write one thing each day that you or someone in your house has done to be helpful. At the end of the week, empty it out and recall all the nice things you have done.</p>	<p>You could try an animal workout. Set a timer and complete each animal movement (see attached) for 45 seconds with 15 seconds rest in between. Do as many as you can!</p>	<p>Can you hit the target? Try throwing a ball or some rolled up socks into a bin or a bowl. If it gets too easy for you, try moving the target further away.</p>	<p>We can help our families by helping with jobs outside or in the garden! Why not ask an adult if you can help in the garden by tidying up your toys, planting or sweeping?</p> 

Bees are very important, as they pollinate flowers which help grow fruit and vegetables. Bees produce honey too. When out for a walk or in your garden, ask a grown up to help you spot different kinds of bees. If you spot a tired bee, try putting out some water with sugar, to help the bee get back to its busy jobs!

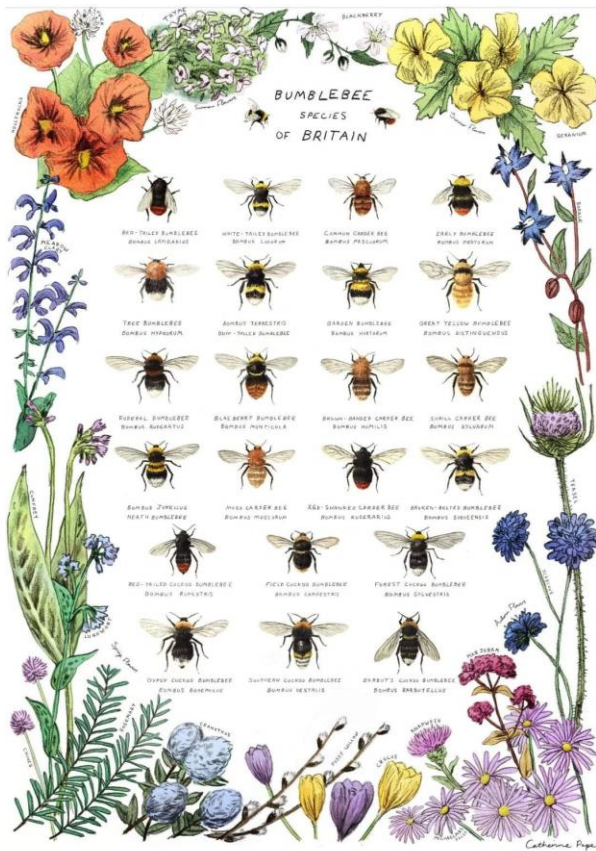
Why don't you have a little clear out of any toys or books that you don't use anymore? You could donate these to a local charity shop when they re-open.

Draw some pictures of happy faces and put them in a neighbour or friends garden or at their doorstep to make them smile.



Create a 'looking out for others' tree. You could create this by drawing or painting. You could even use sticks or leaves from outside! Every time you do something to help somebody, add a leaf to your tree. Ask an adult or sibling to help you write up your special job.

Why don't you dress up as someone who looks after you or helps you? You could use materials from around the house and maybe even decorate them! Why not dress up as a Police Officer or a Teacher and act out some of the things they do to help you. Ask someone in the house to guess who you are!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!