

Below is a table of activities for you to do at home. You can choose to do them in any order.

Put some pepper in a bowl of water. Imagine that the pepper is germs! Pop your finger in the pepper and watch it stick to you! Now put some soap on your finger and try again! What happens?	Find a flower in your garden. Can you draw and label the different parts?	Have a brain break and do 10 mins exercise. Eg. Star jumps, running on the spot, follow a 'Just Dance' routine on YouTube.	Use junk modelling to make your own house, hotel, car etc..
Keep clean! Make a poster to tell people how to wash their hands properly.	Spend 20 mins helping your family. You could dry the dishes, tidy your room or do some dusting.	Bake a treat with an adult. Can you draw and write about how you made your treat? Was it delicious?	Look at a plant/flower. How does it change through the seasons? Tell your family what you know.
Can you throw and catch a ball 10 times in a row? Challenge – can you throw it back and forth with a member of your family?	How many different birds can you see from your window? Have a go at sketching some of them.	Get stuck in! Can you make a delicious mud pie?	Put on a show! Sing your favourite song to your family. Can you find something to use as an instrument to play along to your song?
Make up a dance routine to your favourite song.	Find a stone or pebble and paint it. Once you have painted it, put it back outside for someone else to find.	Do you know anyone who might be alone at this time, or can't have any visitors? Make them a bright and colourful card to send and let them know you are thinking of them.	Make a poster about how important it is to exercise and eat healthy foods.