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| **Read a short story, magazine article etc. discuss with an adult what it is about.** | **Use your knowledge of money to pay for items at the shop with a trusted adult to help.** | **Can you practice telling the time on the clocks in your house at least once a day** | **Can you go home and explain something you have learned to a family member (from any subject)** |
| **Make yourself a snack at home.** | **Can you complete 1 chore for the week e.g. make your bed.** | **Follow a simple recipe and make a snack for family members.** | **Set the table, put the dishes away** |
| **With an adult go for a walk in your local area.** | **In school join in a game of football or tag.** | **Play outside with someone at home in the nice weather in the garden or on the field.** | **Visit the local park with friends or an adult** |
| **At club or break time play or talk to someone who you don’t normally speak to.** | **With a trusted adult can you order something to eat in a café or ask for an item in the shop.** | **Can you check on an elderly relative and see if they are ok? Do they need any help or shopping? Work with an adult** | **When you are sat with your family ask everyone what they highlight of their day was.** |
| **Tell someone at home something that you have done that has made you proud today.** | **Take part in a mindfulness activity for at least 15mins (meditation, colouring etc).** | **Take a check in home with you. Tell your family what the check in is use it morning and night for a week.** | **Play a game with the people who you live with. eye spy, snakes and ladders.** |