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| **To set the table for dinner at your home.** | **Read or listen to a story with an adult.** | **To help cooking dinner.** | **Pay for items in a shop or café, making sure that you wait for any change.** |
| **Order/request something in a café.** | **To keep your bedroom tidy.** | **Put your clothes away into your wardrobe and drawers after they have been washed and dried.** | **Help to care for a living thing in your home, such as a pet or a plant.** |
| **Go for a walk outside or to the playground.** | **Complete a kids yoga session by following cosmic kid’s yoga on YouTube.** | **Find a quiet and comfortable space to sit and listen to some music when you are feeling stressed, angry, or sad.** | **Organise yourself for a bath or shower by getting your towel, clothes and toiletries ready.** |
| **Play a ball game or board game with your family.** | **Do something kind for someone in your family such as making them a card or picking a flower to give to them.** | **Help a family member or friend with a job.** | **To spend 10 minutes doing an activity on your own.** |
| **Make a snack or drink at home.** | **Follow a shopping list to do the weekly shopping with help from an adult.** | **To practice crossing the road safely when out and about.** | **Choose clothes you want to wear at the weekend and get dressed into them by yourself.** |