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| **Use money to pay for an item at the shop. Count out the correct money if you can.** | **Go for a walk with an adult in the community or to a park.** | **Do a job in your home – wash the dishes, hoover, tidy your room etc.** | **Play a board game with a friend or family member.** |
| **Follow a recipe to make a snack.** | **Go on a nature hunt in the garden or community. What plants, flowers and animals can you see?** | **Take part in a mindfulness activity for at least 15mins (meditation, colouring etc).** | **Spend time outside playing or exercising.** |
| **Do a good deed for someone at home without needing to be asked. Bring in the washing, set the table, make them a drink etc.** | **Write a diary about your week or weekend.** | **Create your own sensory circuit and complete it each day.** | **Help and adult to make a meal.** |
| **Make an information poster about a topic of your choice including facts and pictures.** | **Read a book, magazine or comic.**  **Discuss what you’ve read or write a book review.** | **Complete an art or craft activity.** | **When you are sat with your family ask everyone what they highlight of their day was.** |