



# Home Activities



## Daily Activities

\*Play maths games on the link below. Choose any game you like

<https://www.topmarks.co.uk/maths-games/5-7-years/counting>

\*Practise neat handwriting, making sure your letters are sitting on the line and facing the right way.

\*Read or listen to a story on the Oxford Owl website or from your favourite story book.

<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page>

More stories to read/listen to on

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/>

## Health and Wellbeing

Open the document called Artistic Sport Activities. Click on any of the activity names in **RED** to take you to some dance activities to get you moving for good health. (The link to 'Upside down challenge no longer works')

You could try to make one of these healthy snacks

<https://www.upliftingmayhem.com/25-fun-and-healthy-snacks-for-kids/>

Or these fruit animals!

<https://www.natgeokids.com/uk/kids-club/entertainment/general-entertainment/fruit-animals-snacks/>

Take a photo before you eat it, then upload to your HWB, I'd love to see what you make!

## Language, Literacy and Communication/ICT

Continuing with our Healthy Living theme, first look at the Power point 'Healthy Eating Infants' in you HWB files. I'd like you to plan a healthy breakfast, lunch, supper and snack for 1 day on the file 'Healthy meals'

If you would rather do this task on paper, please do so and upload a photo of your work on to HWB

## ICT

How much sleep do you need?

The sleep council suggests that a child between 5 and 7 needs between 10 and 12 hours of sleep per night.

How much do you sleep?

Using the file 'How much sleep?', keep a sleep diary for 1 week noting how many hours of sleep you get each day. Write the days on the left hand side and how many hours of sleep on the right hand side of the table.

Get an adult to help you work it out.

Which day did you sleep the most?

Which day did you sleep the least?

## Mathematical Development

This week I'd like you to use a cup and measure the capacity of a variety of containers around your home e.g. , jugs, bowls, lunch boxes, saucepans etc. Complete the table called 'Measuring Capacity ' in your HWB files 👍

## Welsh Activity of the Week

Listen to the Welsh song 'Coginio' (cooking)

<https://cyw.cymru/en/songs/can-coginio-cyws-cooking-song/>

See if you can spot which foods are healthy or unhealthy.

## Healthy Snack / Fruit Animal ideas



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*Funerunacy.com*



