

HOMework PACK

Memory Game

You will need (chosen by parent/carer):

A tray

A clean tea towel

A range of small objects from around the house

Game

- Arrange the objects on the tray
- Allow student to examine the objects for a few minutes, and maybe talk about what they can see.
- Cover the objects with a tea towel
- See how many the student can remember
- Maybe write what you remember in a list

Play this a few times and see if your memory improves.

Extension Ideas

- ✓ Use different items each day
- ✓ Increase the number of items each day
- ✓ Maybe choose a theme for each tray.

What can I see?

- Sit by a window for 5 or 10 minutes
- If you can, use the clock or a timer to set 5 or 10 minutes.
- See how many things you can spot – call them out.
- How many things did you manage to spot?
- Write them down

bird

house

tree

door

flowers

plane

cat

red car

Daily Drawing Challenge

Monday Draw your favorite animal	Tuesday Draw something from your bedroom	Wednesday Draw something beginning with the letter G or C
Thursday Draw the view from out of a window	Friday Draw a garden full of flowers	

Monday Draw around your hand and then decorate it with fancy patterns	Tuesday Draw a portrait of someone in your family	Wednesday Draw some of your favorite foods
Thursday Find a character in a book on the Internet and draw them	Friday Look around the living room and draw 3 things that you can see	

Letter Game

- Choose a letter from the alphabet
- Walk around the house and see how many things you can spot starting with your chosen letter.
- Make a bubble diagram

Choose a different letter each day.

This game can be played more than once using a different letter.

Make it harder – words ending in your chosen letter.

brush

bin

bread

book

b

box

brother

bear

Daily Challenges

Bucket Game

Find a bucket and a ball or soft toy.
Place the bucket a few steps away from
you.

Count how many times you can get the
ball or toy in the bucket.

*Place the bucket further away each time
you play.*

Play this a
few times
and see if
you
improve.

Choose
one
activity a
day.

Reading

Read a few pages from a book.

Read an article or headline in a
newspaper.

Read an article from a magazine.

Read something off the Internet.

Read to a member of your family.

Read the TV listings – what's on?

Read a label on a food packet from the
kitchen.

Daily Challenges

Writing

Choose a friend in your class and write them a letter, tell them all about what you've been doing at home.

Write a short story or poem about a banana.

Keep a daily diary and illustrate it with a picture.

Write about something funny that's happened to you in the past.

Describe a family member or a pet in words.

Write about things you like doing.

Create a restaurant menu full of nice foods.

Write about a day at the seaside, the park or another fun place. Imagine what you might do on your day out.

Write about a favourite TV character.

Write about things that you are good at.

Choose
one
activity a
day.

What can you do around the house?

Tick off the jobs that you do.

Sort the clothes in the laundry basket and put a wash on with help.

Tidy your bedroom.

Telephone a friend or relative and have a chat.

Make your own breakfast with help

Help to cook a dinner.

Do the recycling with help.

Put your clean clothes away. Hang them up or fold them in a drawer.

Try making your bed.

Lay the table before a family dinner.

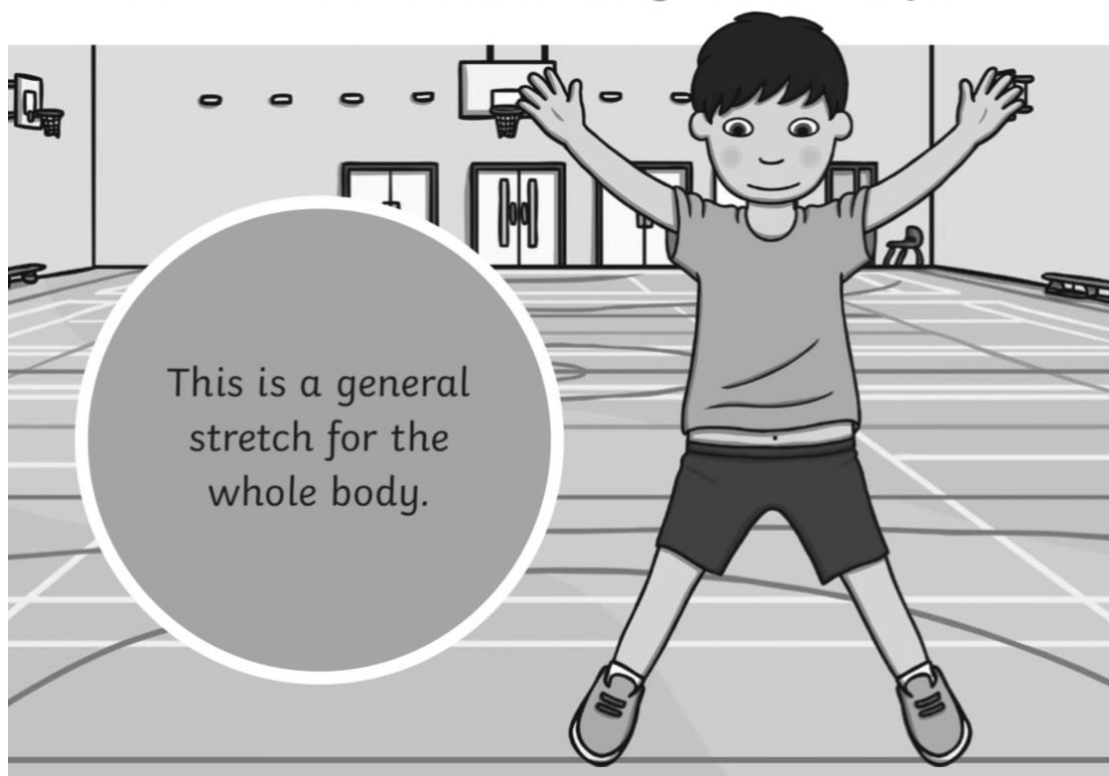
Clean down a surface or do some polishing.

Hoover the carpet

Daily Exercise - Warm up

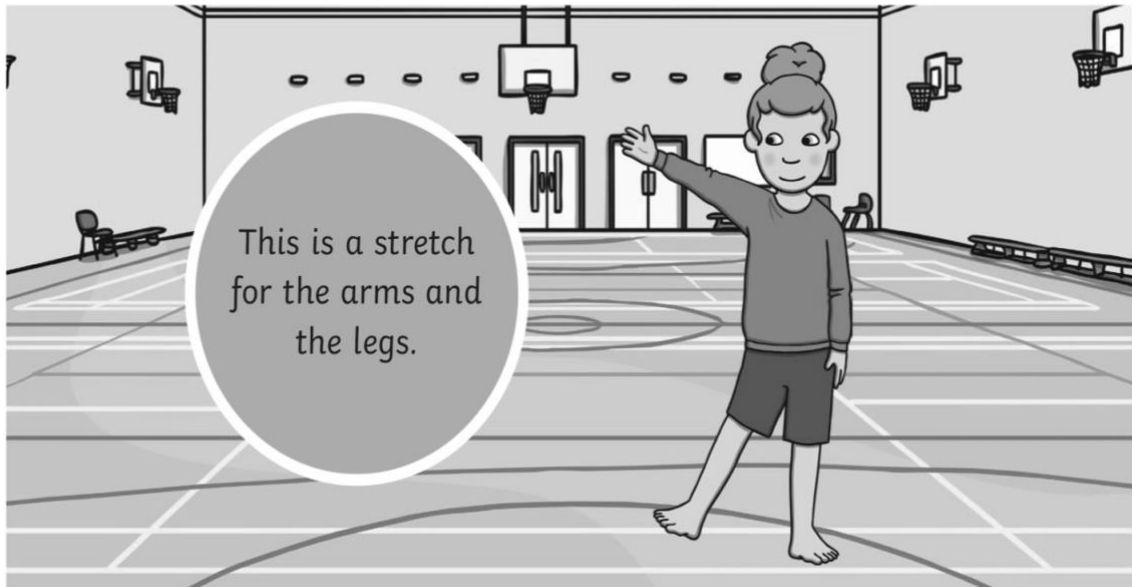
Make sure
you exercise
everyday.

Stretch out wide, making a star shape.



Daily Exercise - Warm up

Reach out to one side with one arm and one leg



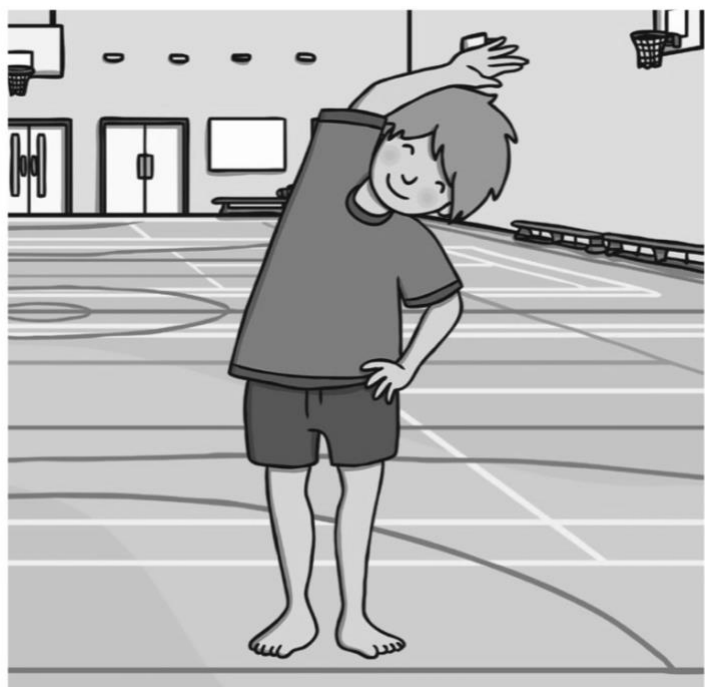
This is a stretch
for the arms and
the legs.

Repeat with the other side.

Stretch one arm above your head and reach over

Then do the same with the
other arm.
Keep your body upright – don't
lean forwards or backwards.

You should feel
the stretch down
each side.



Daily Exercise

10 arm circles



10 leg raises



10 twists



Jog on the spot for 30 seconds

10 toe touches



10 hops



10 jumps



Now dance to a favourite song!