

Summer Activities

Here's some ideas to help you keep busy during the summer holidays.

Physical and mental well being

Recommendation at least 2 hours of exercise a week.

- Yoga – Cosmic Kids | Youtube.
- Follow exercise videos online – Just Dance | Youtube.
- A daily mile with family.
- Keep a diary each day of three things you are thankful for.
- Get a good nights sleep and limit screen time.
- Maintain a healthy diet and try a new food each week.

Keeping Busy and Active

- Stay connected with friends and family. A call or a text can make someone's day!
- Gardening – plant seeds, sweep the outdoor space, help mow the lawn, water the plants.
- Film Club – Watch your favourite films and use the resources provided on: <https://www.intofilm.org/>
- Use google maps to research landmarks from around the world you would like to visit.
- Play card games together and create a family league table.
- Look through family / baby photos.
- Draw your favourite characters from films and TV shows.
- Art projects – painting, drawing, papier Mache, printing etc. YouTube | Art for kids HUB.
- Google: 'Make a mask from a sock'.

Developing Independence

- Follow Mrs Roscoe's cooking on the school YouTube.
- Wash up your dishes after meals
- Develop your chopping skills
- Help with cleaning – Hoover the house, clean the windows, sweep, mop etc.
- Learn how to use household appliances – washing machine / dishwasher etc.
- Make your bed each morning.
- Practice changing the bedding.
- Help to write the weekly shopping list.
- Learn to count in a foreign language.

Functional Skills - Literacy

- Join: SummerReadingChallenge.org.uk
- Write a daily diary to reflect on events and how you're feeling.
- Read the news.
- Read lyrics and sing along to songs.
- Play 'World's Greatest Sandwich'
- Find: Word Searches | Cross Words

Functional Skills - Maths

- Practice telling the time. See attached sheets but you can also use this website: www.mathsframe.co.uk
- Learn about different coins. You can use this website: www.doorwayonline.org.uk/activities/cashing-in/cashing-in.html
- Sort the different materials at home to be recycled.

Useful Websites and Resources:

Craft ideas:

www.activityvillage.co.uk

Recipes:

<http://www.melland.manchester.sch.uk/mrs-roscoes-cooking-videos/>

Core Skills: BBC BITESIZE

Maths: www.mathsframe.co.uk
and www.crickweb.co.uk

Free Oxford Owl eBooks:

<https://www.oxfordowl.co.uk/for-home/>

English and Maths:

www.skillsworkshop.org