

Monday 4th May	Tuesday 5th May	Wednesday 6th May	Thursday 7th May	Friday 8th May
Free play	Free play	Free play	Free play	Free play
<p>Wake n shake – warm up dance to ‘Amanda’s action club warm up song’(On Youtube)</p>	<p>Wake n shake – warm up dance to ‘Brain breaks action songs for children - from your seat’ by the Learning Station (On Youtube)</p>	<p>Wake n shake – warm up dance to ‘Jo Jingles wake up our muscles’ (on Youtube)</p>	<p>Wake n shake – warm up dance to ‘Animals in Action/Brain and body builders/Exercise and Fitness for kids/Jack Hartmann (on Youtube)</p>	<p>Wake n shake – ‘Roseping the warm up song/Gymnastics song/songs for children/ kids songs’ on Youtube)</p>
<p>Outside play – If you have some contact at home (stuff used to cover school books) you could stick a big piece of this on a window/back door, collect some items on a nature walk (leaves, flowers, twigs, grass) and the boys can stick what they collected onto the contact to make a nature collage or the ‘Let’s Play</p>	<p>Outside play - If you have some contact at home (stuff used to cover books) you could stick a big piece of this on a window/back door, collect some items on a nature walk (leaves, flowers, twigs, grass) and the boys can stick what they collected onto the contact to make a nature collage or the ‘Let’s Play Ireland’ website have some lovely messy and experimental play ideas that could be done outside.</p>	<p>Outside play – If you have some contact at home (stuff used to cover books) you could stick a big piece of this on a window/back door, collect some items on a nature walk (leaves, flowers, twigs, grass) and the boys can stick what they collected onto the contact to make a nature collage or the ‘Let’s Play Ireland’ website have some lovely messy and experimental play ideas that could be done outside.</p>	<p>Outside play - If you have some contact at home (stuff used to cover books) you could stick a big piece of this on a window/back door, collect some items on a nature walk (leaves, flowers, twigs, grass) and the boys can stick what they collected onto the contact to make a nature collage or the ‘Let’s Play Ireland’ website have some lovely messy and experimental play ideas that could be done outside.</p>	<p>Outside play - If you have some contact at home (stuff used to cover books) you could stick a big piece of this on a window/back door, collect some items on a nature walk (leaves, flowers, twigs, grass) and the boys can stick what they collected onto the contact to make a nature collage or the ‘Let’s Play Ireland’ website have some lovely messy and experimental play ideas that could be done outside.</p>

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Nursery rhyme: Old Mcdonald – If you have some props to accompany this that would be great (toy/teddy cow, pig, horse, sheep, hen)	Nursery rhyme: Old Mcdonald – If you have some props to accompany this that would be great (toy/teddy cow, pig, horse, sheep, hen)	Nursery rhyme: Old Mcdonald – If you have some props to accompany this that would be great (toy/teddy cow, pig, horse, sheep, hen)	Nursery rhyme: Old Mcdonald – If you have some props to accompany this that would be great (toy/teddy cow, pig, horse, sheep, hen)	Nursery rhyme: Old Mcdonald – If you have some props to accompany this that would be great (toy/teddy cow, pig, horse, sheep, hen)
Gross Motor Skills: 'On the farm cosmic kids yoga' (On youtube) or play some farm gross motor games e.g. Gallop like a horse/ Stomp like a cow/ Roll like a pig/ Cluck like a hen/ Strut like a rooster/ Waddle like a duck/Hop like a bunny/ Wag like a bunny/ Wag	Gross Motor Skills: 'On the farm cosmic kids yoga' (On youtube) or play some farm gross motor games e.g. Gallop like a horse/ Stomp like a cow/ Roll like a pig/ Cluck like a hen/ Strut like a rooster/ Waddle like a duck/Hop like a bunny/ Wag like a dog/ Scratch like a cat/ Charge like a bull	Gross Motor Skills: 'On the farm cosmic kids yoga' (On youtube) or play some farm gross motor games e.g. Gallop like a horse/ Stomp like a cow/ Roll like a pig/ Cluck like a hen/ Strut like a rooster/ Waddle like a duck/Hop like a bunny/ Wag like a dog/ Scratch like a cat/ Charge like a bull	Gross Motor Skills: 'On the farm cosmic kids yoga' (On youtube) or play some farm gross motor games e.g. Gallop like a horse/ Stomp like a cow/ Roll like a pig/ Cluck like a hen/ Strut like a rooster/ Waddle like a duck/Hop like a bunny/ Wag like a dog/ Scratch like a cat/ Charge like a bull	Gross Motor: 'On the farm cosmic kids yoga' (On youtube) or play some farm gross motor games e.g. Gallop like a horse/ Stomp like a cow/ Roll like a pig/ Cluck like a hen/ Strut like a rooster/ Waddle like a duck/Hop like a bunny/ Wag like a dog/ Scratch like a cat/ Charge like a bull

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<p>Jigsaw-Logan 2-6 piece jigsaws Eli – wooden inset jigsaws</p> <p>Fine Motor: Practice opening and closing jars – could put something motivating in them e.g. a few chocolate buttons</p> <p>Matching- Can continue with identical matching if the boys need more practice or if you like you could do some work on matching non-identical objects using things around the house e.g. bowls, cups, small balls, books, empty bottles etc.</p>	<p>Jigsaw - Logan 2-6 piece jigsaws Eli – wooden inset jigsaws</p> <p>Fine Motor: Get the boys to tear strips of paper, could move to more stiff paper or cardboard for more resistance.</p> <p>Matching- Can continue with identical matching if the boys need more practice or if you like you could do some work on matching non-identical objects using things around the house e.g. bowls, cups, small balls, books, empty bottles etc.</p>	<p>Jigsaw - Logan 2-6 piece jigsaws Eli – wooden inset jigsaws</p> <p>Fine Motor: Theraputty/playdough exercises – playdough disco on youtube and ‘TheraPutty Exercises for developing hand strength’ – on Youtube also</p> <p>Matching- Can continue with identical matching if the boys need more practice or if you like you could do some work on matching non-identical objects using things around the house e.g. bowls, cups, small balls, books, empty bottles etc.</p>	<p>Jigsaw - Logan 2-6 piece jigsaws Eli – wooden inset jigsaws</p> <p>Fine Motor: If you have an old egg carton and some lollipop sticks or matchsticks, the boys could try and stick these through some slots in the egg carton</p> <p>Sort by colour/shape: Can continue with sorting by colour activities if the boys need more practice or could practice some sorting by shapes e.g. if you have a shape sorter toy at home.</p>	<p>Jigsaw - Logan 2-6 piece jigsaws Eli – wooden inset jigsaws</p> <p>Fine Motor: If you have some lego at home the boys could practice building this and pulling the lego pieces apart or pull sticklebricks apart.</p> <p>Sort by colour/shape: Can continue with sorting by colour activities if the boys need more practice or could practice some sorting by shapes e.g. if you have a shape sorter toy at home.</p>

<p>Story – Any of the previous recommended ones or any picture books you have at home that are farm themed. ‘Farmer Duck’ or ‘What the ladybird heard’ are nice ones. Again if you have any suitable props at home to accompany the story – could use an old pillow case as a story sack.</p>	<p>Sensory play: Farm based sensory box: preschool_teacher_ireland has a lovely easy one to set up on her ‘covid 5’ highlight on Instagram (Farm small world sensory tray) It has Weetabix has hay bails, some mud from the garden (could use coco powder or coco pops whichever you have), cheerios and grass and add some farm animals, small tractors, houses (again anything you have) You could encourage the boys to make some of the animal noises here.</p>	<p>Story (Same story as Monday – repetition is key.)</p>	<p>Music: Farm themed songs on Youtube: -Old McDonald had a farm -The animals on the farm- Super Simple songs -I went to visit a farm today/Nursery rhyme/sing a long</p>	<p>Art: Muddy pigs: Draw a template of a pig and pop it into a large freezer bag with some brown paint (you could mix some mud from the garden with some PVA glue if you don’t have any brown paint.) Seal the freezer bag and get the boys to move the paint or mud around using their hands and fingers to make the pigs all muddy.</p>
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- Practice life skills every day e.g. brushing teeth, getting dressed, opening and closing buttons, zipping coats, washing hands, eating with a fork.
- Exercise and play – **Really** important. Get outdoors as much as possible.
- The ‘Let’s play Ireland’ website (as mentioned above) have some great messy and experimental play ideas.

- It might be helpful to try some toy rotation at home over the next couple of weeks. Remove and hide a few of the boys toys that they're not playing with as much and then leave them out again for them in three/four weeks – novelty factor again!
- If the boys are off form or agitated at any point, there is a nice, soothing video on Youtube called 'Sensory soothing visual therapy' which might help.