

| Monday 4th May | Tuesday 5th May | Wednesday 6th May | Thursday 7th May | Friday 8th May |
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| Free play |
| Wake n shake – warm up dance to ‘Amanda’s action club warm up song’ (On Youtube) | Wake n shake – warm up dance to ‘Brain breaks action songs for children - from your seat’ by the Learning Station (On Youtube) | Wake n shake – warm up dance to ‘Jo Jingles wake up our muscles’ (on Youtube) | Wake n shake – warm up dance to ‘Animals in Action/Brain and body builders/Exercise and Fitness for kids/Jack Hartmann (on Youtube) | Wake n shake - warm up dance to ‘Roseping the warm up song/Gymnastics song/songs for children/ kids songs’ |
| 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 with Cadan (leaves, flowers, twigs, grass) and he could then stick what ye 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. | 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 with Cadan (leaves, flowers, twigs, grass) and he could then stick what ye 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. | 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 with Cadan (leaves, flowers, twigs, grass) and he could then stick what ye 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. | 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 with Cadan (leaves, flowers, twigs, grass) and he could then stick what ye 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. | 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 with Cadan (leaves, flowers, twigs, grass) and he could then stick what ye 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. |
| Nursery rhyme: Old Mcdonald – If you have some props to accompany this that | Nursery rhyme Old Mcdonald – If you have some props to accompany this that | Nursery rhyme: Old Mcdonald – If you have some props to accompany this that | Nursery rhyme Old Mcdonald – If you have some props to accompany this that | Nursery rhyme: Old Mcdonald – If you have some props to accompany this that |

| would be great (toy/teddy cow, pig, horse, sheep, hen) | would be great (toy/teddy cow, pig, horse, sheep, hen) |
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| 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 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 |
| Jigsaw- up to 20/24 pieces | Jigsaw - up to 20/24 pieces |
| Fine Motor Skills- Continue with cutting skills and colouring-use tiny short crayons and encourage him to place | Fine Motor Skills- Continue with cutting skills and colouring-use tiny short crayons and encourage him to place | Fine Motor Skills- Continue with cutting skills and colouring-use tiny short crayons and encourage him to place | Fine Motor Skills- Continue with cutting skills and colouring-use tiny short crayons and encourage him to place | Fine Motor Skills - Continue with cutting skills and colouring-use tiny short crayons and encourage him to place |

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| <p>his non-dominant hand on the page to stabilise it</p> <p>Pre-writing – multi sensory practice: Draw a vertical line/horizontal line/circle/cross/right to left diagonal (one at a time) on a magnadoodle or with your finger in sand/salt/flour/rice/sugar or in shaving foam with a lollipop stick or on sandpaper or tinfoil with a marker and see will Cadan copy it, if he does try and get him to do it himself with it drawn already (i.e. not seeing you draw it)</p> <p>Continuing and making patterns – preschool_teacher_ireland has a sensory small world vegetable patch idea on her 'covid 5' highlight on Instagram that would be a nice way of working on patterns.</p> | <p>his non-dominant hand on the page to stabilise it</p> <p>Pre-writing – multi sensory practice: Draw a vertical line/horizontal line/circle/cross/right to left diagonal (one at a time) on a magnadoodle or with your finger in sand/salt/flour/rice/sugar or in shaving foam with a lollipop stick or on sandpaper or tinfoil with a marker and see will Cadan copy it, if he does try and get him to do it himself with it drawn already (i.e. not seeing you draw it)</p> <p>Continuing and making patterns – preschool_teacher_ireland has a sensory small world vegetable patch idea on her 'covid 5' highlight on Instagram that would be a nice way of working on patterns.</p> | <p>his non-dominant hand on the page to stabilise it</p> <p>Pre-writing – multi sensory practice: Draw a vertical line/horizontal line/circle/cross/right to left diagonal (one at a time) on a magnadoodle or with your finger in sand/salt/flour/rice/sugar or in shaving foam with a lollipop stick or on sandpaper or tinfoil with a marker and see will Cadan copy it, if he does try and get him to do it himself with it drawn already (i.e. not seeing you draw it)</p> <p>Continuing and making patterns – preschool_teacher_ireland has a sensory small world vegetable patch idea on her 'covid 5' highlight on Instagram that would be a nice way of working on patterns.</p> | <p>his non-dominant hand on the page to stabilise it</p> <p>Pre-writing – multi sensory practice: Draw a vertical line/horizontal line/circle/cross/right to left diagonal (one at a time) on a magnadoodle or with your finger in sand/salt/flour/rice/sugar or in shaving foam with a lollipop stick or on sandpaper or tinfoil with a marker and see will Cadan copy it, if he does try and get him to do it himself with it drawn already (i.e. not seeing you draw it)</p> <p>Continuing and making patterns – preschool_teacher_ireland has a sensory small world vegetable patch idea on her 'covid 5' highlight on Instagram that would be a nice way of working on patterns.</p> | <p>his non-dominant hand on the page to stabilise it</p> <p>Pre-writing – multi sensory practice: Draw a vertical line/horizontal line/circle/cross/right to left diagonal (one at a time) on a magnadoodle or with your finger in sand/salt/flour/rice/sugar or in shaving foam with a lollipop stick or on sandpaper or tinfoil with a marker and see will Cadan copy it, if he does try and get him to do it himself with it drawn already (i.e. not seeing you draw it)</p> <p>Continuing and making patterns – preschool_teacher_ireland has a sensory small world vegetable patch idea on her 'covid 5' highlight on Instagram that would be a nice way of working on patterns.</p> |
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| <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_ire land has a lovely easy one to set up on her ‘covid 5’ highlight on Instagram (Farm small world sensory tray) It has Weetabix 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).</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: Draw the template of a large pig on a page and get Cadan to colour him in pink. Next mix some mud with PVA glue and encourage Cadan to make the pig muddy by painting on some of the mud mixture.</p> |

- Some additional things that you could work on with Cadan: Speech and language games relating to body parts and actions – The aim is to extend his use of vocabulary to 2 or more words sentences: He enjoys Mr. Potato head and putting him together – If you have this at home you could use it as an opportunity to extend language used e.g. ‘green’ eyes or ‘white’ arms etc.
- Work on his turn taking skills with simple and fun board games e.g. hungry hippos, pirate pop, connect 4, buckaroo or Ker Plunk.
- Practice life skills every day e.g. brushing teeth, getting dressed, opening and closing buttons, zipping coats, washing hands, drinking from a sports bottle, tidying up after himself etc.

- Exercise and play – **Really** important. Get outdoors as much as possible.
- Identify numbers: Could draw hopscotch outside and use it as a target – ‘Throw the beanbag (or any small object you have) to number 1 or 3 or 7 etc.’ Count sets of objects and match to a numeral: preschool_teacher_ireland has a nice parking cars activity on their Instagram that could be easily set up at home to work on this skill. Place numbers in order: Paper plates idea as previously recommended or you could write numbers 1-5 or 1-10 on clothes pegs and get Cadan to attach them to a clothes hanger in the correct order.
- 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 Cadan’s toys that he doesn’t play with as much and then leave them out again for him in three/four weeks – novelty factor again!
- ‘Bunny boo’ is a nice preschool game that works on stimulating cognitive Skills such as Language, Spatial Insight, Problem Solving, Concentration and Logic. It’s currently out of stock on the thinking toys website but is available on Amazon. Again absolutely no pressure to buy this, just a suggestion of something if you’re stuck.