

Week 3 Activity Ideas!



1) Papercraft

- Make a paper windmill (see instruction sheet)
- Make an origami animal (see instructions for a cat) and these websites:

<https://origami.me/jumping-frog/>

<https://myfirstorigami.weebly.com/projects-blog/easy-origami-dog>

2) Shopping Practice

As you can only shop for essentials at the moment:

- practice recognising coins (see coin sheet)
- set up a 'snack shop' at home
- play an online shopping game:

<https://www.topmarks.co.uk/money/toy-shop-money>

3) Visit the Mencap website to find daily and weekly planners and activity ideas

<https://www.mencap.org.uk/advice-and-support/health/information-about-coronavirus/coronavirus-ways-keep-busy>

4) Play cards, dominoes and games such as Bingo (see Emoji Bingo sheets)



5) Keep walking ...

whether it is inside, up the stairs, in the garden or on a daily walk!

- Walk the same number of laps as your age like Captain Tom Moore
- set your own step challenge to climb a virtual building or mountain (see step sheet)



6) Try **Colour Breathing**:

- *Sit or lie comfortably and close your eyes.*
 - *Imagine a colour that feels good to you e.g. the blue of the sky or the warm yellow of the sun.*
 - *As you breathe in, imagine this colour slowly spreading through your whole body.*
 - *Notice how this makes you feel.*
 - *Now, imagine the colour of your worry*
 - *As you breathe out, slowly let this colour leave your body.*
- Try other activities in the attached self-care kit by Kathryn Holden.

7) Make some bubbles

- or if you have some cornflour, make gloop
- or moon sand (see instruction sheets)

