



## 5 activities a day

### Key Stage One - grid 3

Ideas for things to do at home  
with your child.

*Choose 5 activities you would like  
to do at home with your child each  
day.*

Write a letter to a member of your family or a friend you haven't seen in a while. Post it to them - through their letterbox or in the post.	Find a virtual tour to go on. Lots of zoos and museums are doing this at the moment. Search online to find one.	Count all the light switches in your house. How many are on and how many are off? <i>Challenge:</i> write some calculations to show what you have found.	Create a Joy Jar. Each day write a sentence on a piece of paper about something that has made you smile that day. Pop it in the jar. At the end of the week read them all.	Go on an alphabet scavenger hunt around your house and garden, or when you are out for a walk. Can you find something for each letter of the alphabet? Take photos or draw pictures and label them.
Play a game of charades with your family.	Help someone out with something.	Write a short quiz about your family.	Have a paper plane flying competition.	Build a den and read a book in it.
Draw or paint something you can see from your window.	Find out about the life cycle of a butterfly, ladybird or other mini beast.	Dress up and perform a play for your family. Or act out your favourite book. Can you learn some of it off by heart?	Make a bird feeder. <i>Challenge:</i> Write instructions for someone else to follow.	Have a dance party. Who's the best dancer in your house? Make them a trophy or certificate.
Using food you have at home create a dinner menu. Try to include some descriptive language that will make your menu sound delicious.	Throughout the day look at a clock and tell a grown up what time it is.	Make up your own workout. Pretend you are Joe Wicks and teach it to your family. You could even record it and send it to school!	Cut out some shapes from paper. Which shapes can be cut in half? Can any be cut in half in different ways?	Make a treasure hunt for your family. You can write clues or draw picture clues to help them find the treasure.
Make shadow puppets and put on a show.	Learn a song and sing it to your family.	Follow instructions to make something.	Go for a walk somewhere different.	Watch a film and write a review.



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