

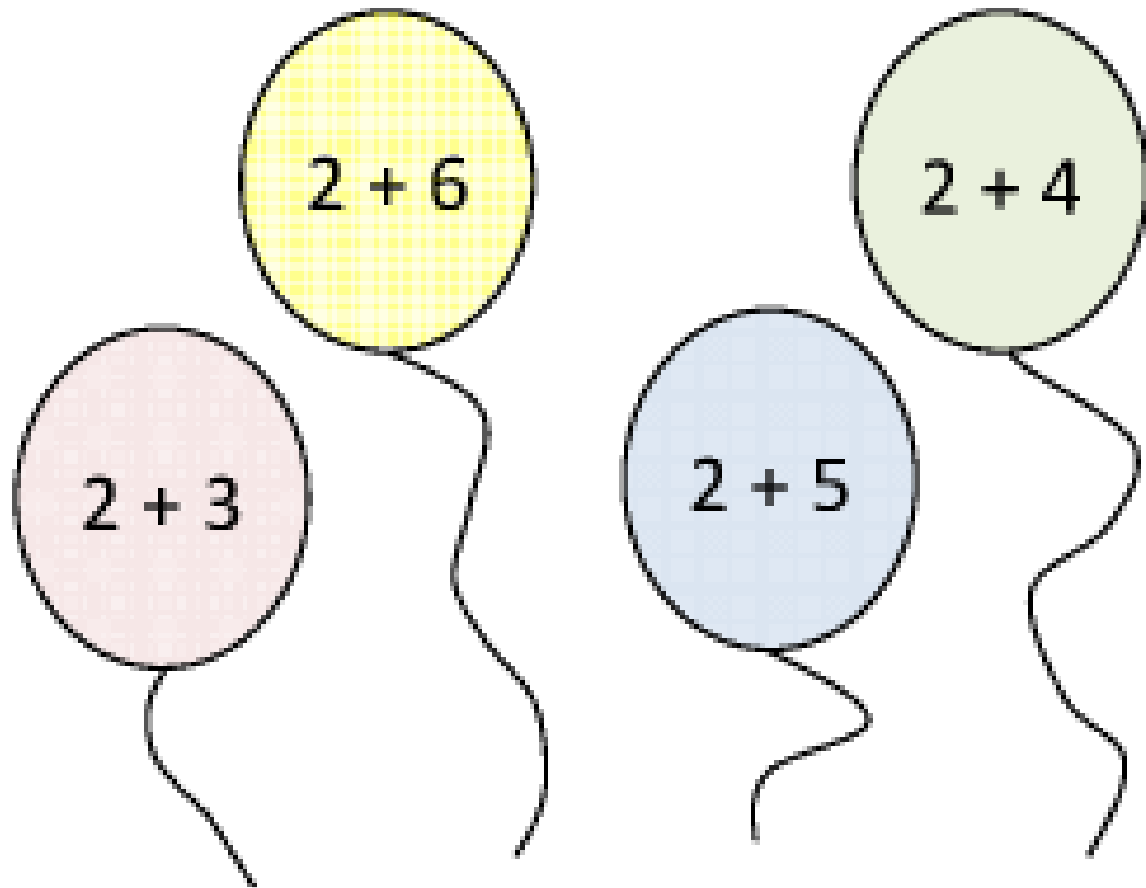
# **Activity pack for five to six year olds**



**Inside the pack you will find a variety of educational, fun and practical activities to keep your children entertained whilst home-learning.**

## Maths activities

Add the sums together in each balloon and then join the string to the gorilla with the correct answer.



5



6



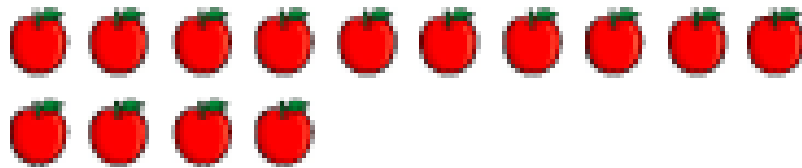
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8

Practice writing the number 14 by writing over the grey digits and then complete the other activities.

14



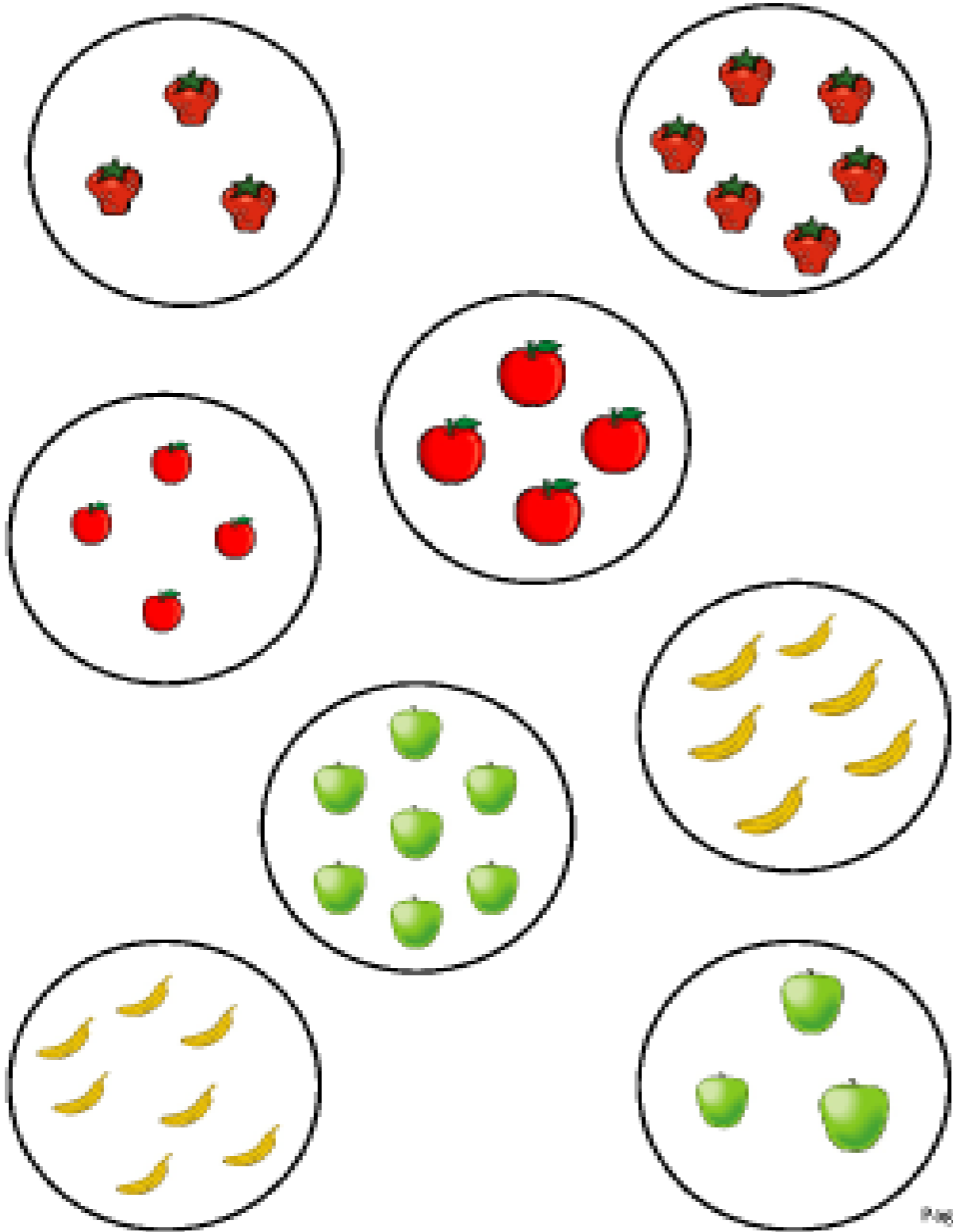
fourteen

14 14 14

Draw fourteen apples.



Draw a line from each circle to match with another circle containing the same number of fruit.

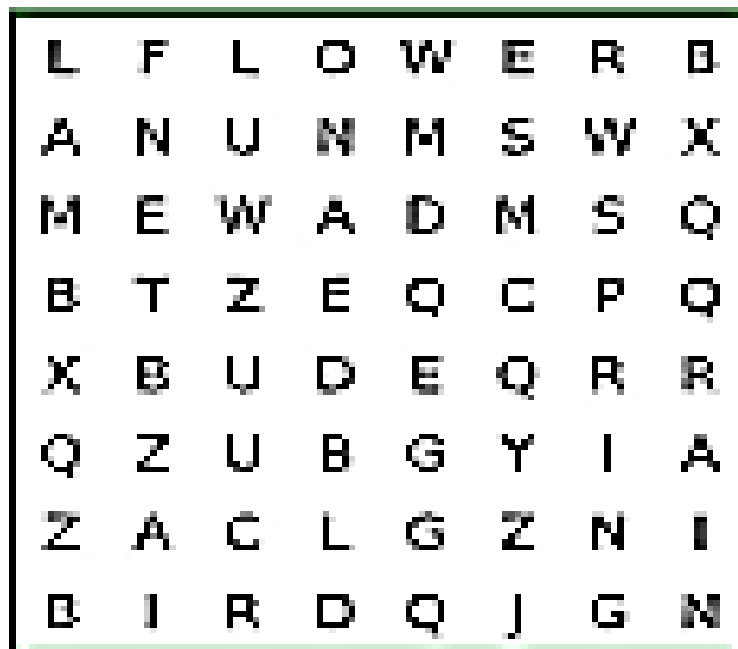


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## Word Search

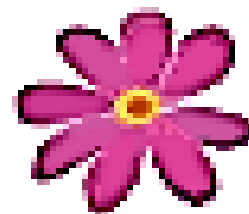
How many spring words can you find hidden in the word search?

# Spring Word Search



BIRD  
BUD  
EGG  
FLOWER

LAMB  
NET  
RAIN  
SPRING



## Fun activities

Write your name and then complete all the activities listed for each letter, encourage your family to do it too!

**Fit activity for kids**  
**what's your name?**

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR SIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

|   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |

## Interview your grandparents

This activity can be undertaken by telephone call / Facetime / Skype / Facebook Messenger (or any other virtual method of communication you use).

Ask your grandparents the following questions and make a note of their answers

1. When and where were you born?
2. Did you have a nickname at school?
3. Did you have any pets, if so what kind?
4. What were your favourite and least favourite subjects at school?
5. What kind of games did you play growing up?
6. What did you want to be when you grew up?
7. What was your first job?
8. How did you meet Granddad/Grandma?
9. What's been your favourite age so far?
10. What were your favourite sweets when you were a child?
11. Where has been your favourite place in the world to visit?
12. What was your school like?
13. What was it like when you were growing up?
14. Looking back at your life what is your proudest achievement?
15. What would you like your grandchildren to remember about you?

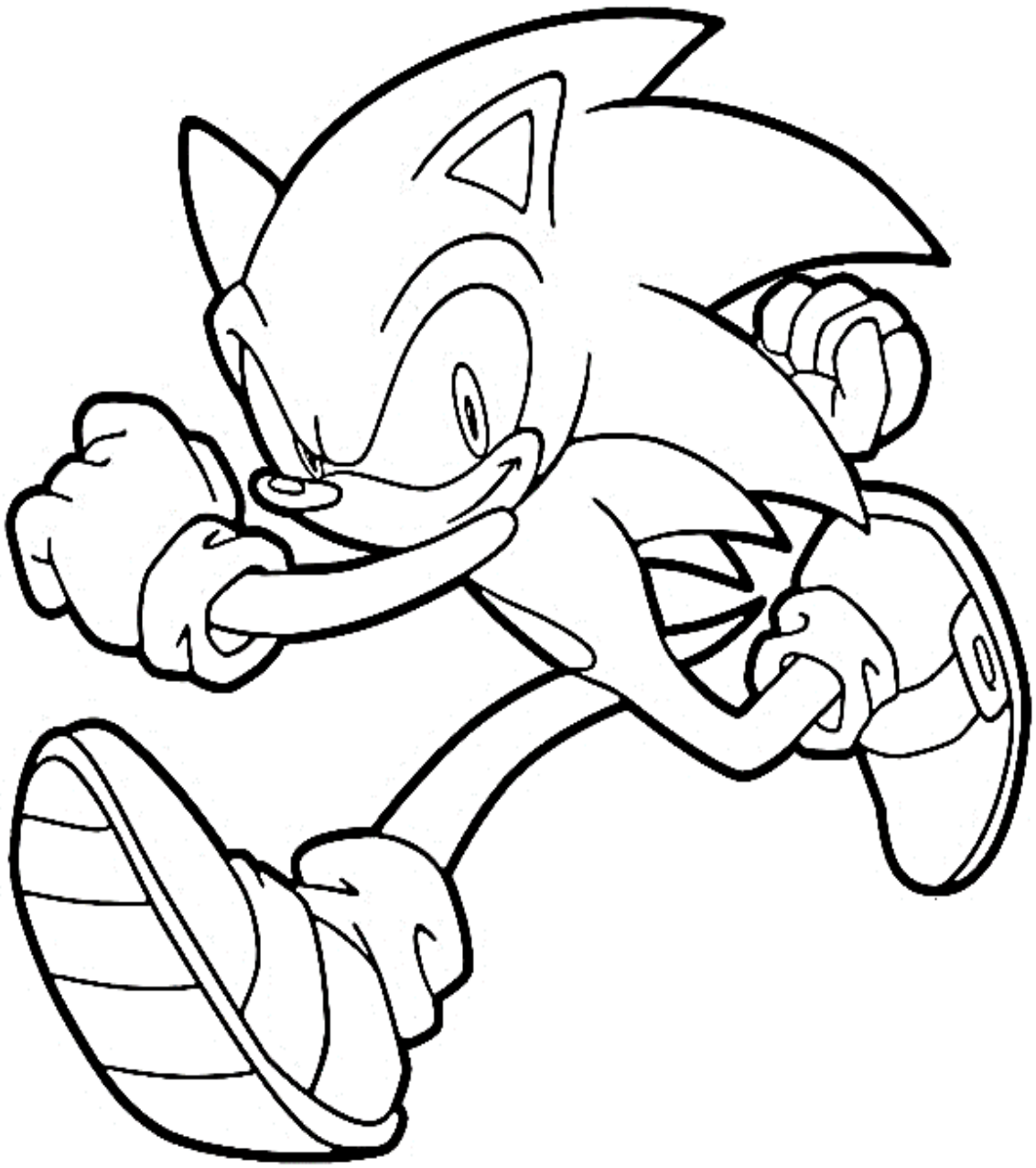
After your call, do you feel you know your grandparents more now?

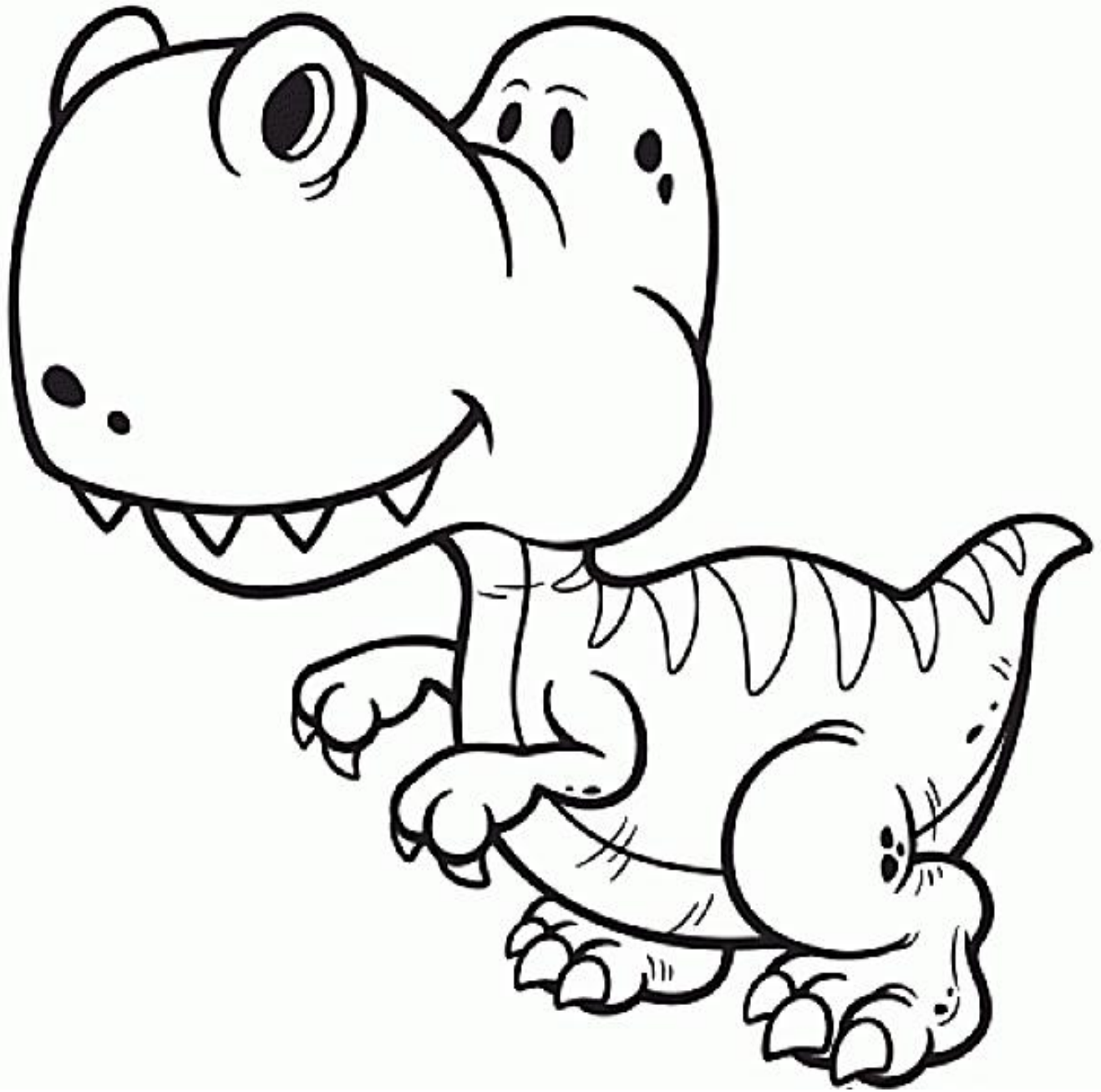












Goldilocks and the Three Bears / Gingerbread Man



Three Billy Goats Gruff



## Practical activities

### Need for seeds (outdoor activity)



Sow some sunflower seeds in soil and reap the rewards when your plants spring up!

**Activity Details:** Time: 30 mins

#### You will need

- Plant pots
- Permanent markers
- Access to water
- Scissors
- Sticky labels
- A4 paper
- Sticky tack
- Garden sunflower seeds
- Soil/compost

#### Prepare the pots

- Everyone should make sure that there are enough materials and space for everyone to plant a sunflower.

#### Sow and grow

1. Everyone should have a small plant pot, labels and marker pens. Each person should write their names on their label and stick it on the side of their pot.
2. Fill your plant pot with some damp soil almost to the top. Each person should use their index finger to poke a hole in the middle of the soil.
3. Each person should have one sunflower seed. Everyone should put their seed into the hole in the soil and cover it over.
4. Pour a small amount of water on each plant. Everyone can then take their plant pots and put them on a windowsill or ledge where they'll be out of the way. A spot that gets lots of sunlight is ideal for sunflowers.

If you have some extra sunflower seeds and pots, why not do a little experiment? Place one plant in a sunny place with water, one plant in a dark place with water and one plant in a sunny place without water. As the group are waiting for their plants to grow, they could see which of these extra plants grow the best and find out what plants need to flourish.

5. The sunflower seeds should come with instructions showing how often to water them on the packet. Plants should start to flower after eight weeks. Everyone should move their plants to the large plant pots when they become too big for the small ones. Remember to label these too!
6. After between twelve and fourteen weeks, the heads of the sunflowers should go brown. When this happens, cut off each head with scissors. If anyone would like to plant another sunflower, give them some of the seeds now.
7. Everyone should check on their sunflower heads the following week. If they feel dry, they should take down their sunflower head and carefully brush off the seeds from the centre of the flower into a paper bag.

## Reflection

What was it like to take care of a plant? Did you start to care about the sunflower and feel proud when it sprouted and flowered? What were the rewards for looking after the plant? Was it worth the time you put in?

## Safety

### Gardening and nature

You must wash your hands after the activity has finished. Wear gloves if needed.

*All activities must be safely managed. Always get approval for the activity and have suitable supervision.*

## Window pictures

Spread some joy and draw a picture, put it in your front window for people to see when they walk past your house and ask your friends to do this too!



Week 1 – draw a rainbow

Week 2 – draw a picture of your family

Week 3 – draw an Easter bunny or Easter egg

Week 4 – draw your favorite animal

Week 5 – draw a flower

Week 6 – a smiley face

## Indoor activities

- **Bowling**  
Fill up some water bottles to be the bowling pins and use any ball that you have at home. Place the bottles in one line near a wall and ask your child to bowl. It's a fun game and your child will love it!
- **Jumping rope**  
Get a skipping rope for your child and have some fun. You can teach your child how to skip the normal way, backwards and even have them jump rope while singing some rhymes.
- **Musical chairs**  
This game is a lot of fun and is loved by all. Set up a bunch of chairs and ask kids to run around them while the music is being played. When the music stops, the kids should sit down on the chair near them. Whoever is left without a chair will be out of the game. This means you will need to have one chair less than the number of kids playing, so be ready to shuffle those chairs about.
- **Obstacle course**  
A great way to harness your child's energy. Handstands can be tricky, but fun to do. Place a pillow in a corner against the wall and help your child learn to do a handstand. Always supervise as you do not want your little one to get hurt.

## Outdoor activities

- **Badminton**  
Another fun way of exercising while keeping the element of fun.
- **Roller Skating**  
Another fun way of exercising which will also teach your child some confidence.
- **Walking the dog**  
Dogs are the best companions for children as they are loving, playful and, if well trained, obedient. Your child will have a great time playing with the dog, especially if they are an only child. Getting your child involved in exercising the dog will help them get more exercise, whilst also teaching them how to be responsible for another living creature.



## Parent time - join in!

### Here are some other learning ideas you can do together

- Read books of all kinds to your child - picture, words and pictures, pop up, information and poetry.
- Using scissors is a useful skill and is a great way to develop co-ordination, control and build strength. Your children may find scissors tricky to master so they need lots of practice.
- Make paper chains together or ask your children to find particular photos in magazines and catalogues (by colour or other categories) to cut out and then stick them into their own pictures.
- Dressing up and role play are great opportunities for talking and listening and for imaginative play. On a practical level, a fun dressing up session can help your child to practice getting themselves dressed. You can fit in a sneaky bit of training with those tricky zips, armholes and buttons.
- Cooking with your child is not only fun but it's an excellent way to begin to talk about maths – counting eggs for a cake recipe, more or fewer toppings for a pizza. Let them pour liquids or spoon flour to develop eye-hand co-ordination and control. Best of all, you both get to enjoy a tasty treat at the end!

## Keep active and keep talking!

Even though your children can't attend their usual weekly clubs or play with their friends at the moment there are still many fun activities we can do together to keep fit and healthy. It is also important to keep talking to the children and reassuring them at this tricky time.

- Joe Wicks (The Body Coach) is running a daily online PE class for all children and parents. It is hugely popular with over 6 million households from around the world taking part in the first two days. You can even post messages and pictures on his social media pages to get a shout out live on air! **Tune in at 9am every week day on You Tube by searching for The Body Coach TV.**
- Cosmic Kids Yoga is a You Tube channel offering lots of different themed kids yoga routines and mindfulness techniques which will help with their anxieties. The storytelling they use alongside the exercises will keep your children engaged. **Search for "Cosmic kids yoga" on You Tube.**
- If you are not having to self-isolate, then ensure you go out for a daily local walk with your children which will burn off some energy and help with any anxieties your children might be experiencing.

Every week day there are many free resources available online for your children covering most subject areas:

9.00am - PE with Joe Wicks [https://youtu.be/6v-a\\_dpwhro](https://youtu.be/6v-a_dpwhro)  
10.00am - Maths with Carol Vorderman [www.themathsfactor.com](http://www.themathsfactor.com)  
11.00am - English with David Walliams <https://www.worldofdavidwalliams.com/elevenses/>  
12.00pm - Lunch (cooking with Jamie Oliver) <https://m.youtube.com/watch...>  
1.00pm - Music with Myleene Klass  
<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>  
1.30pm - Dance with Darcey Bussell  
<https://twitter.com/diversedance.../status/1241098264373592065>  
2.00pm - History with Dan Snow (free for 30-days) <https://tv.historyhit.com/signup/package>  
4.00pm - Home Economics with Theo Michaels (Mon/Wed/Fri)  
<https://www.instagram.com/theocooks>

## Non-daily events include:

Science with Professor Brian Cox, Robin Ince & Guests  
<https://cosmicshambles.com/stayathome/upcoming-schedule>  
9.30am Wednesday 25 March - Geography with Steve Backshall  
<https://twitter.com/SteveBacksha.../status/1242058846941712385>

**If your children are feeling particularly anxious and are asking lots of questions, then here are a few tips on how to reassure them ([youngminds.org.uk](https://www.youngminds.org.uk))**

1. Try not to shield your child from the news, as it's likely they will find out somehow from school, being online or from friends.
2. Talk to your child about what is going on, you could start by asking them what they have heard.
3. Try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking can help them feel calm.
4. Reassure your child that it is unlikely they will get seriously ill, and if they do you feel ill you will look after them. Your child might be concerned about who will look after you if you catch the virus. Let them know the kind of support you have as an adult so that they don't feel they need to worry about you.
5. Give some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.
6. Keep as many regular routines as possible, so that your child feels safe and that things are stable.
7. Spend time doing a positive activity with your child (e.g. reading, playing, painting, cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'.
8. Encourage your child to think about the things they can do to make them feel safer and less worried.
9. Be aware that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.
10. Remember to look after yourself too. If you yourself are feeling worried, or anxious about coronavirus, talk to someone you trust who can listen and support you.

**Please note that information and materials contained in this guide have been sourced from external websites which are free to use for the general public. Further details are available upon request.**