

Rydal's Home Activity Ideas

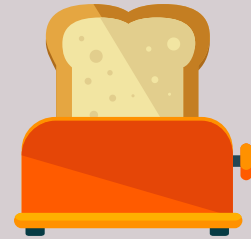
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Making and Sharing Toast

Follow the instructions on the PowerPoint to make toast.
Practice making half by carefully cutting the toast into two equal (same size) pieces.
Share the toast with someone at home or eat both halves yourself.

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The Water Cycle - Rain Art

Look at the ideas on the PowerPoint and choose some rain art work to make.
You can use bubble painting, finger painting, splatter painting, drip painting or print with bubble wrap to make a cool rainy picture.

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Mindful Breathing

Follow the link on the PowerPoint and watch the mindful breathing video.
Sit comfortably and follow the instructions on the video. It will help you feel calm and relaxed

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