



RYDAL

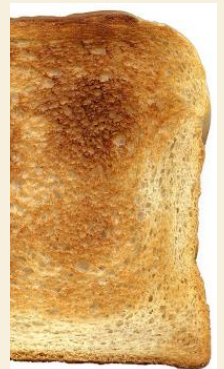
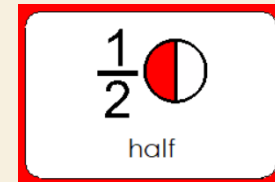
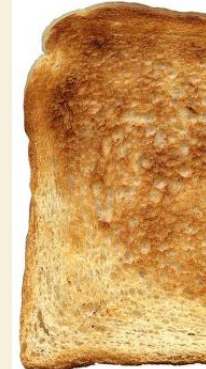
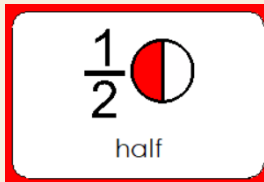
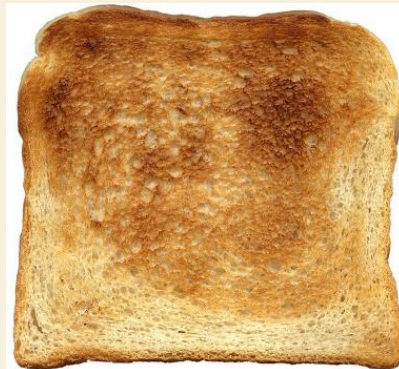
HOME ACTIVITY IDEAS:

08.06.2020







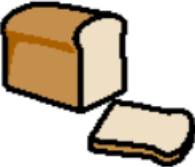







Making and sharing toast



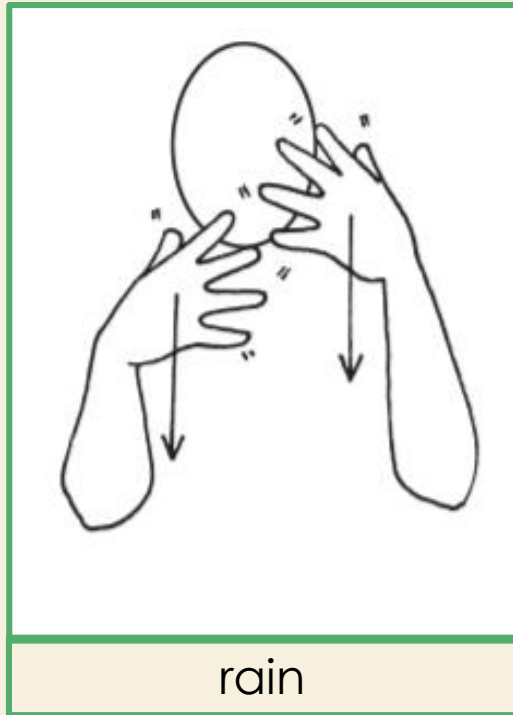
1. First, put a piece of bread in the toaster.
2. Next, push the lever down to toast the bread. When the toast pops up carefully take out of the toaster and put on a plate.
3. After that, spread butter on the toast. You can add jam, cheese spread or another topping if you like.
4. Then, cut the toast in half $\frac{1}{2}$. Remember to make each piece equal (the same size).
5. Lastly, share the toast with someone at home. Eat and enjoy!



Symbols to support making toast

 <p>whole</p>	 <p>half</p>	$\frac{1}{2}$  <p>half</p>	$\frac{1}{2}$ <p>half</p>
 <p>share</p>	$=$ <p>equal</p>	 <p>same</p>	 <p>cut</p>
 <p>bread</p>	 <p>toaster</p>	 <p>press</p>	 <p>toast</p>
 <p>spread</p>	 <p>butter</p>	 <p>jam</p>	 <p>cheese spread</p>

Water cycle sign – rain



Water cycle art - rain

When water cools down in the clouds it turns into drops of water. The drops of water get bigger and bigger and heavier and heavier. When they are too heavy to stay up in the clouds they fall down to the ground as rain.

Make some rain art. You could use bubble painting (mix paint, water and washing up liquid and use a straw to blow colourful bubbles onto the paper), finger painting, splatter painting (flick the paint off the brush with your finger), print with bubble wrap or drop watered down paint onto paper angled up from the table to watch it run down the page like rain. Which ones will you choose?



Symbols to support rain art



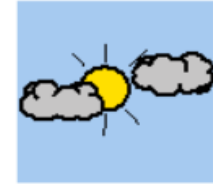
rain



drops



clouds



sky



blue



white



grey



paint



bubbles



finger



paint



splatter



paint



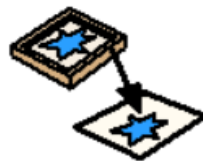
bubble wrap



drip



paint



print



water



paint brush



and



paper

Mindful breathing activity

Watch the video. Follow along and do some relaxing breathing to help you feel calm and peaceful. You can use this whenever you need help to feel calm and relaxed.



<https://www.youtube.com/watch?v=DSgOW879jjA>

Symbols to support mindful breathing



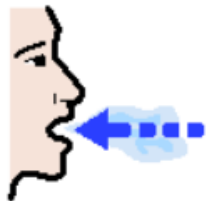
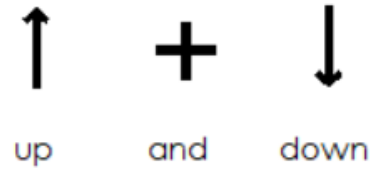
breathe



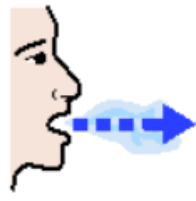
hand



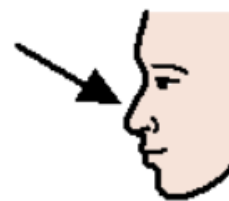
finger



breathe in



breathe out



nose



mouth



sit



calm



relax



still