

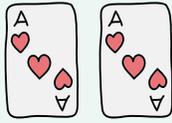
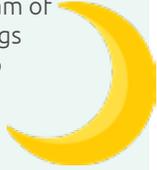
Monday

LOWER PRIMARY
6 – 8 year olds

Here is some inspiration and suggestions for parents to plan and structure the days for their children to keep young minds and bodies active during the school holidays.



Time	7:30am	9:00am	9:30am	10:30am	11:00am
Allocation	90 minutes	30 minutes	60 minutes	30 minutes	60 minutes
Activity	<p>Rise and shine! Wake up, make the bed and get dressed for the day ahead. Have breakfast, and remember to brush your teeth!</p> <p>TIP: start the day with a nice big stretch!</p> 	<p>Fitness Put your sneakers on and go for a morning stroll around the neighbourhood.</p> 	<p>Handprint zoo animals Turn your handprint into your favourite zoo animal. You can even build your own zoo!</p>  <p>Follow the link for examples: https://www.craftymorning.com/fun-zoo-animal-handprint-crafts-kids/</p>	 <p>Morning Tea!</p>	<p>Book recreation Choose your favourite book and recreate the characters (out of toilet rolls, foil or print them out and colour them in!).</p>  <p>Follow the link for examples: https://www.pinterest.com/pin/156359418294072135/</p>

Time	12:00noon	1:00pm	2:00pm	2:30pm	3.30pm	Evening
Allocation	60 minutes	60 minutes	30 minutes	30 - 60 minutes	60 minutes	-
Activity	 <p>Lunch time!</p>	<p>Quiet time/ quiet activity Some will sit and play gently and quietly and others will need you to direct quiet time, for example read them stories, allow some screen time, or let them draw quietly. The activity and time length will vary from child to child.</p>	<p>Connect to someone Video call, phone call, make a picture/card to send to someone. You can contact Nursing homes regarding sending pictures/cards to brighten someone's day.</p> 	<p>Inside/ outside play Spend some time outside and let your imagination run wild! You could...</p> <ul style="list-style-type: none"> • play with a ball! • dig in the sandpit! • invent a new game! 	<p>Family time Try a new card game with the family! Find something new for everyone or learn one of the classics.</p> 	<p>Evening wind down! Time to wind down, have some dinner and follow your usual bedtime routine. Say goodnight to the world and dream of all the fun things you'll get up to tomorrow!</p> 

Tuesday

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Activity	<p>Rise and shine!</p> <p>Wake up, make the bed and get dressed for the day ahead.</p> <p>Have breakfast, and remember to brush your teeth!</p> <p><i>TIP: start the day with a nice big stretch!</i></p> 	<p>Fitness</p> <p>Try this fun at home workout with the Body Coach online! It's perfect for kids and parents alike!</p>  <p>Follow the link to the video: https://www.youtube.com/watch?v=d3LPrhI0v-w&t=78s</p>	<p>Salt Dough</p> <p>Like Play-Doh, but can be baked to a permanent finish! Mould it into different shapes, or even create your own handprint moulds.</p>  <p>Follow the link to the recipe: https://www.allrecipes.com/recipe/240641/salt-dough/</p>	 <p>Morning Tea!</p>	<p>Book recreation</p> <p>Continue to recreate your favourite book characters from yesterday – don't forget the sidekicks!</p>  <p>Follow the link for examples: https://www.pinterest.com/pin/156359418294072135/</p>

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Wednesday

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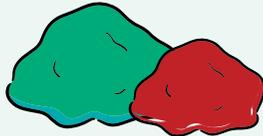
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