

Home Learning Week 3

Health and Hygiene

Read the story “I Don’t Want to Wash my Hands” by Tony Ross. If you don’t have access to the book, it is available to listen to on YouTube. Use this as a prompt to remind your child to wash their hands at key points throughout the day and practise washing your hands together, using the guide below to help.



How many do you think there are?

Encourage your child to develop their estimating and counting skills. Collect a group of items and place them in a container e.g. socks, toys, apples etc. Explain that you are both going to make a sensible guess as to how many items there are. Once you have both made your guess, count the objects one at a time to find out the answer. Were you right? Did you make a good guess? Start with 3 or 4 objects and increase the number as appropriate.

Get creative



Use items from the kitchen and junk materials to create musical instruments. Here are some ideas:

Saucepans and wooden spoons – drums

Tins or tubs with pasta / rice in – shakers

An empty box (lid removed) with elastic bands around it – a guitar

Practise playing the instruments together. Play them quietly and then play them louder. Play fast and then slow. Extend the activity by playing a simple rhythm and asking your child to copy it. Can you copy what they play?

Keep active and count

Use or make a large dice, with dots or numbers to 6.



Roll the dice – what number is on the top / count the dots?

Now do the corresponding number of actions. Choose from the following ideas or create your own:

Jump, two feet together

Star jumps

Tap your head

Touch your toes

Clap your hands

Please remember to supervise your child at all times when doing these activities