

Can you beat the wall?

Put a cross in each box when you complete this task. - Can you still do this task in 3 days time? - What about in 7 days time?	Can I do this today?	Can I still do this after 3 days?	Can I still do this after 7 days?
I know how deal with an emergency:- 1. I can phone If is ill. 2. I know how and when to phone for an ambulance for 3. I know my own address, the names and date of births of my family.			
I can draw a picture / cartoon of my classmates and friends. Display this on the wall and say hello every morning.			
I have talked to about how to stay safe online and what I can search for. THINK (is it...True, Helpful, Inspiring, Necessary, Kind) when discussing/sharing information.)			
I know which news to trust for example BBC News, ITV news, NHS website. I know I can talk to if I feel scared / unhappy / worried. I know I can turn off the TV or watch something else if I feel scared / unhappy / worried.			
I will teach someone else to THINK before they speak:- THINK (is it: True, Helpful, Inspiring, Necessary, Kind) when discussing/sharing information.)			
I can keep a diary until I next see my teacher writing down 2 positive things that happened each day.			
I can write / draw / explain to another person a list of the things that make me happy. Why do they make you happy?			
I have talked to about what I am worried about / questions about Coronavirus and what might happen and I feel re-assured.			
I can write a letter or draw a picture for someone:- - Who has made me happy - Who has made me smile. - My neighbour. - A member of older peoples home. - My teacher			
I know how to make a simple meal such as (pan of soup, sandwich).			
I have made a timetable for my day / time.			
I can teach a family member something new (for example a poem, nursery rhyme, a song, a dance, an activity.)			
I can read a book and explain the story line to someone else.			

I can read a book and tell the same story from another character's point of view.			
I can design a superhero character and their arch enemy; I can design a comic strip.			
I have talked to and thought about things that might happen at home and how we will behave towards one another. If we disagree, we will use these restorative questions:- What happened? / What were you thinking at the time? / What have you thought about since? / Who do you think as been affected by what you did? / In what way? / What do you need to do to make things right? / How can we make sure this doesn't happen again? / What can we do to help you?			
I can help with a household job.			
I can design an exercise routine for my family and show them how to do this; make a training circuit around the house or garden. At each station, complete a different exercise for 30 seconds, for example; bunny hops, star jumps, lunges, stepping on and off a step. Then move on to the next.			
I can make a simple rain gauge by cutting the top off a plastic bottle and marking the side in centimetres. Stand it outside and record how much rain it collects.			
I can practise jumping from a standing start in a hallway or in the garden. Put something down to mark where you land. Can you jump past it next time?			
I can play "Would you rather?" Give each player a choice of two options (for example, "Would you rather go for a walk in the snow, or on the beach? ". They have to choose one and say why. The ideas can be as silly as you like!			
I can tell somebody why you love them.			
I can hide a small toy in a secret place and create a 'treasure map' to help somebody else find it.			
I can close your eyes and listen carefully. Think about the different sounds that you can hear; what is making these noises?			
I can play the yes/no game with someone else. Take it in turns to ask each other questions. The person being asked is out if they answer "yes" or "no". How creative can you make your answers?			
I can play the alphabet game. Choose a few categories (for example, an animal, a country, a fruit) and go through the alphabet, thinking of an example that begins with every letter. Some of the letters are quite tricky!			
I can play 'Charades'. Act like an animal, a book or a movie and ask people to guess what you are pretending to be.			
I can think of some questions that you could use in an interview with a family member. What would you like to ask			

them? Write down their answers or (with their permission) record them using a mobile device.			
I can write a letter to a friend or family member. What would you like to tell them about?			
I can read my favourite book to my toys. Make sure they're listening nicely!			
I can write a postcard to my favourite author; explain why you really like their books?			
I can practise my phonics skills by playing 'I Spy'.			
I can make up a story with other people. Each person is only allowed to say one sentence before moving on to the next person.			
I can create a timeline showing the main events in your life, from the day you were born to today.			
Choose a toy, a household object or something in your food cupboard and make an advert to encourage people to buy it!			
I can write or explain a set of instructions to teach people how to play a simple game.			
Design a character: fold up a piece of paper (portrait length). After each drawing, pass this to the left. Draw a head, chest, legs, feet. Design a story about the character.			
I can watch a sports match online; act as the commentator for the match explaining what is happening in the game (internet may be needed)			
I can role play a news presenter; I can write a news report about something that has happened to you recently.			
I can create a comic strip that shows what you did yesterday, or what you would love to do tomorrow.			
Write a book review of the book you are reading. What is it about? Who would you recommend it to?			
I can make some "top ten" lists. What are your top ten book characters, or books made into films, flavours of soup, ways to cook eggs, stationery items for example?			
I can hear a sibling read a story or a poem and talk to them about the story.			
I can find some fascinating facts about your favourite period from history and make a poster to share them. (internet may be needed).			
Choose a famous person from the past and write a diary from their point of view. (internet may be needed).			
Design a flick paper football game. Screw up a ball of paper; place household items around the table. Using your fingers flick the paper ball around the obstacles until you reach the goal. Count the number of flicks you make; if the football falls off the table, add points to your score.			
I can tidy up my bedroom.			
I can sort out my old toys and clothes.			

I can help my family to clean the work surfaces in the house.			
I can design a board game for the rest of the family to play			
I can tidy up any litter which is around my house; remember to wash your hands and not approach someone who you live with.			
I can take the dog for a walk (remember to wash your hands and not approach someone who you live with.)			
I can research, plan and deliver a meditation / tai-chi / mindfulness / yoga session for my family.			
I can design a healthy menu for a café; - I can design a logo for the menu, - design an advert for the café (for the radio, TV and magazine), - decide the price for the food (remember the cost of all of the food!), - design the layout of the café, - write a biography of the café owner - design what makes a great customer.			
I can design a dance for my family to all join in.			
I can design some clothes for my favourite toy. Could you sew together a costume for them? Check with a family member first and to help you to cut out and sew these items together.			
I can write a set of care instructions for an animal: Dog, cat, fish, tortoise, rabbit, elephant, lion, horse. I can write a letter to a zoo / safari park to explain how to look after this animal.			
Read the dictionary (or another book in your home) and make a note of some words that you have not seen before. What do they mean?			
I can learn to say hello / goodbye / thank-you / please / my name is in 5 different languages. (Internet may be needed)			
Make some shadow puppets and use them to tell a story.			
I can learn to sign words using British Sign Language. (internet required) https://www.british-sign.co.uk/			
Choose characters from different books and imagine that they came together in a new story. Imagine what they might do together.			
I can design a chocolate bar and write a letter / poem to Cadbury about my ideas.			
Draw or paint a landscape picture (showing the view out of your window / a fantasy land)			
Think about your favourite book and design a new cover for it.			
I can ring a friend			
Look in the mirror and draw a self-portrait.			
I can write a list of jokes and put on a comedy performance for my family.			
I can design a poster and display this in the window to make someone else smile.			

I can speak to an older person about their childhood. - I can identify what is similar and what is different. - What memories do they have? - What are the key events in their life?			
I can identify 30 things that I would like to do and would like to achieve by the time I am 18 / 30 / 50. - What might you need to do to achieve this?			
I can think of an alternative ending to one of your favourite books; I can start to think about what happens next in a storybook			
Make a poster to teach people about different things that they can do to protect the environment.			
Draw a bird's eye view of a building you know well. Make sure you include all the doors and windows!			
Have a look at some of the items of food in your cupboard or clothes in your wardrobe. Check the labels and find out which countries they have come from. Which has travelled the furthest to get to you?			
Make a map of your bedroom, showing where everything is.			
Circle challenge / doodle challenge:- Draw around a 2p coin on a piece of paper; set a time limit which everyone agrees to. Draw as many recognisable things in the circle that you can. Give yourself 1 point if someone else has the same idea and 3 points if you are the only person with this idea. - Did these ideas connect in someway? - What was easy / challenging about this task?			
Play a game of Pictionary; draw a picture that represents your favourite book or movie (without using any words) and ask somebody else to guess what you are drawing.			
Use folded paper or card to make a bridge that spans a gap. How much weight will it be able to hold?			
Use junk materials to build a car that could transport a small toy from one place to another.			
Guess the answer: choose a question below. Think of your answer and don't tell anyone (or write it down); give 4 answers – 1 of which is correct. Others write down their answer. Give out points to whoever guesses right.			
Try a zentangle inspired drawing; remember to breath calmly when you are drawing.			

Get to know you questions:

1. Who is your hero?	20. If you could go back in time, what year would you travel to?
2. If you could live anywhere, where would it be?	21. How would your friends describe you?
3. What is your biggest fear?	22. What is the best gift you have been given?
4. What is your favourite family holiday?	23. If you were a super-hero, what powers would you have?
5. What really makes you angry?	24. What form of public transportation do you prefer? (air, boat, train, bus, car, etc.)
6. What motivates you to work hard?	25. What's your favourite zoo animal?
7. What is your favourite thing about home / school / park ?	
8. What is your proudest accomplishment?	

9. What is your favourite book to read? 10. What makes you laugh the most? 11. If you could choose to do anything for a day, what would it be? 12. What is your favourite game or sport to watch and play? 13. Would you rather ride a bike, ride a horse, or drive a car? 14. What would you sing at Karaoke night? 15. Have you ever had a nickname? What is it? 16. Do you like or dislike surprises? Why or why not? 17. In the evening, would you rather play a game, visit a relative, watch a movie, or read? 18. What is the most interesting thing that you can see out of the window? 19. Who knows you best?	26. If you could go back in time to change one thing, what would it be? 27. If you could share a meal with any 4 individuals, living or dead, who would they be? 28. What's the most daring thing you've ever done? 29. Are you a clean or messy person? 30. What's your favourite fast food chain? 31. What's your favourite family recipe? 32. What's your favourite family tradition? 33. What's your favourite movie? 34. What's the most unusual thing you've ever eaten? 35. If you were ruler of your own country what would be the first law you would introduce? 36. If you had a warning label, what would yours say? 37. What song would you say best sums you up?
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Weekly Timetable.

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00					
10:00					
11:00					
12:00					
13:00					
14:00					
15:00					
16:00					
17:00					
18:00					

19:00					
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