

5 ideas for ages 6-8

MONDAY

Make your own comic strip

Include fun drawings and remember to put your capital letters and full stops in the right places!

TUESDAY

Ring an older relative or friend

Have a chat with them to see how they are and ask them about what food they ate when they were 6 or 7. What foods were unknown to them when they were little? Why do you think this is? Discuss with your grown up!

WEDNESDAY

Still life painting or drawing

Pop an apple, banana and orange together (or other fruit & veg), slightly overlapping one another. Talk about what colours you can see on their skin, other than green, red, yellow and orange. Can you spot some brown on the banana? Do a colourful still life drawing or painting including ALL the colours you can see.

THURSDAY

PE

Put your hand on your chest. Count how many times you can feel your heart beat in 30 seconds. Investigate ways that you can make your heart beat faster that doesn't involve running. See if you can find 10 different ways in 30 minutes!

FRIDAY

Local geography

Make a map of your local area. Think about a familiar route, talk about what things you see on the way. For example shops, schools, crossings, playgrounds etc, include them in your map!