**We hope you are all safe and well. Here are some ideas to keep you entertained and busy. Please feel free to do these activities as well as following your child’s interests**

**Week beginning 18th January 2021**

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| **Monday 18th January** | **Tuesday 19th**  **January** | **Wednesday 20th January** | **Thursday 21st January** | **Friday 22nd**  **January** |
| Sing along with the Goldilocks song:  <https://www.youtube.com/watch?v=PFXE3zvXbjc>  Do you have any favourite songs that you would like to sing to your family. | Help your family to make breakfast. If you have porridge oats at home, maybe you could try some porridge like the 3 bears. | You could listen to the story ‘My Friend Bear’ by Jez Alborough  <https://www.youtube.com/watch?v=Xfg2hWMl33A> | What do you know about bears? With a grown up can you find out what different types of bears there are, e.g. Grizzly Bear, and try to find out what they eat and where they live. Maybe you could explore books or look on the internet with your grown up. | Find things in your home and sort them into the same colour, for example blue socks, blue scarf, blue jumper. How many items have you got of each colour? Which colour has the most objects? |
| Share the story of Goldilocks and the 3 Bears if you have the story book or on YouTube. | Make a collage of a Bear or of Goldilocks, what can you find to put on your picture, maybe have a look through your recycling box and see what you can find, e.g. cereal boxes or bottle tops. | For bath time today can you collect some objects which your grown up says are safe to have in the bath, to discover whether they sink or float, e.g. a plastic bowl, a stone, or a wooden spoon. | Can you order your family members in different ways, e.g. from the shortest to the tallest or the youngest to the oldest. | Play a board game together or if you don’t have any board games at home, maybe you could make your own snakes and ladders game to play. |
| Physical activity: Try out today’s Joe Wicks session at 9am (these are also on Wednesdays and Fridays at the same time). | The 3 Bears went for a walk in their local wood to let their porridge cool. Is there somewhere local that you could go for a walk – what might you see along the way? How many different animals can you spot e.g. cats, dogs, squirrels, birds? | Goldilocks forgot to make the bed after she got out of it – can you make your own bed today, and help your family to make their bed too. | Can you pretend to be different animals, such as a snake slithering across the floor, or a butterfly fluttering in the sky, or maybe a bunny hopping? Can your family guess which animal you are? | Maybe you’d like to try an introduction to cosmic yoga with the story of Arnold the Ant:  <https://www.youtube.com/watch?v=iWowDC3x0hE&list=PL8snGkhBF7ngqv160qM0Uf9IDaBkGzpo5> |