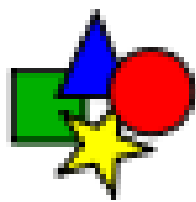


Monday



July

20  
20th



Shape



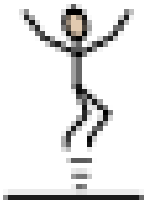
hop



skip

+

and



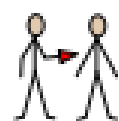
jump



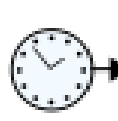
!



What



you



will



need



Chalk



(Different colours)



Pavement



Draw

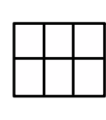


some



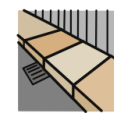
shapes

in a



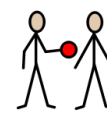
grid

on the



pavement

or



your

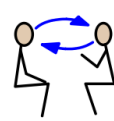


backyard

or

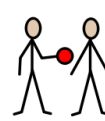


patio.



Discuss

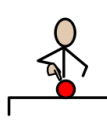
with



your



child



what

the

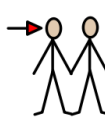


shapes

are -



get

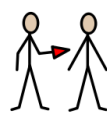


them

to



help



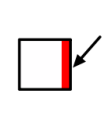
you.



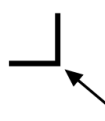
Talk about



how many

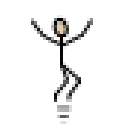


sides,

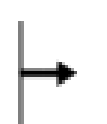


corners

etc.



Jump



from



shape

to

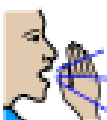


shape

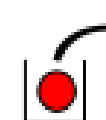
as an



adult



calls



out

the



shape



name.



Get

an



adult

to



describe

the



shape,

e.g.



for example: Jump

to the



shape

with

3

straight



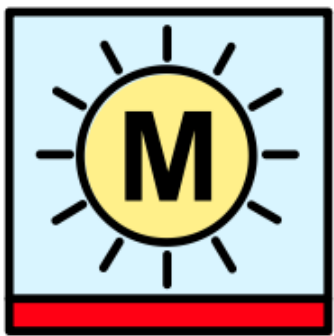
sides

and

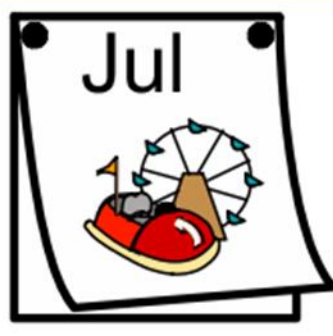
3

corners.

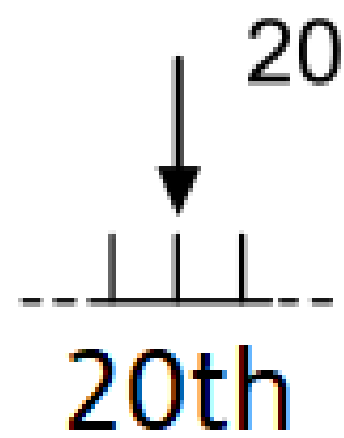




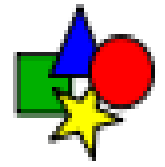
Monday



July



20th



Shape

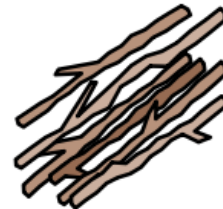


For a challenge



gather

some



sticks



and

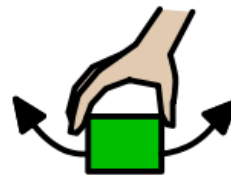


design

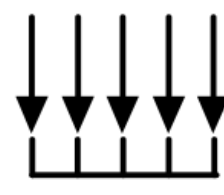
for example a



rocket



using



all

the



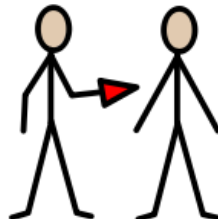
different



shapes



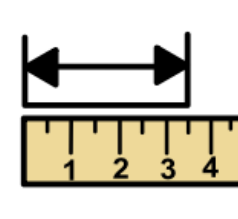
you can.



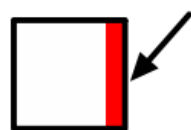
You



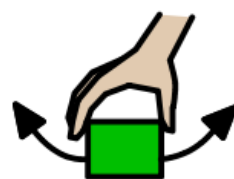
could



measure



the sides



using

a

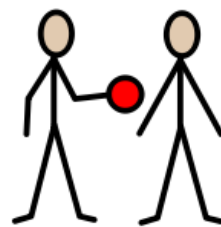


tape measure.



What

are



your



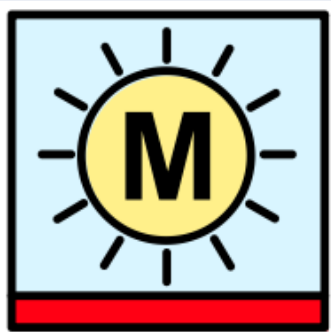
ideas?



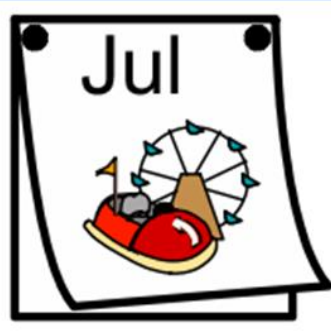
There are some fun shape sheets on our website for those children who need an extra challenge.

Please send us some photos on Evidence for Learning – we love seeing what you do!

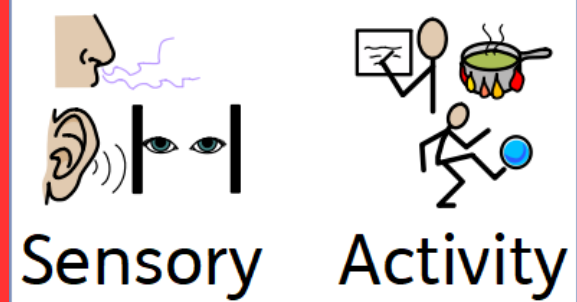
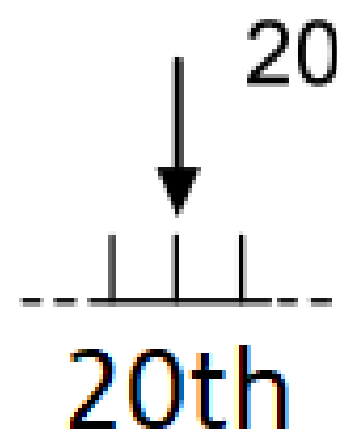




Monday



July



Sensory

Activity

### Stretchy Resistant Band

To make your stretchy bands you will need:-

- ❖ Any stretchy material (Spandex is best)
- ❖ Sewing machine or a needle and thread.
- ❖ Scissors

To make a stretchy band (16" wide/58" long); use a zig zag stitch if using a sewing machine to sew the ends of the spandex together so it forms a loop. Be sure to reinforce at the beginning and the end of your stitches.

Depending on the size of your band – two people could play 'tug of war' by looping the bands around their tummies (instead of their backs) and slowly walking in the opposite directions.

### Fidget tool

You can also use the stretchy bands as a fidget tool for meal times. Simply loop the band around the chair. Children can push, kick, and pull on it using their legs, feet, or hands.

### Body Sock

To try and make shapes with their body by pressing their hands out or spreading their legs.

**Sensory benefits – Tactile, body-centre perception, and works core muscles leading to better control and coordination. Providing proprioceptive sensory input.**



HOMEMADE STRETCHY  
RESISTANCE BANDS

AND NEXT COMES L