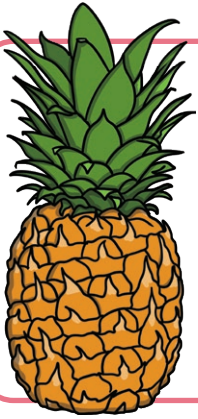


Managing Self

Home Learning Challenges



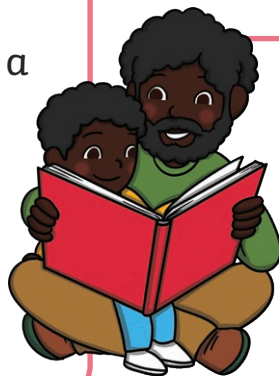
With a grown-up, make a fruit recipe, such as a fruit salad or smoothie. What fruits can you add? Which one is your favourite? Can you try a fruit you haven't eaten before?

Get your clothes ready the night before so that you can get yourself dressed in the morning. Which clothes do you find the easiest to put on and which clothes do you find the trickiest? Have you found a way to help yourself with these tricky clothes?

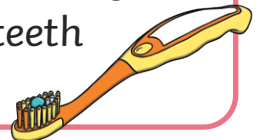
Show a grown-up how quickly you can put your shoes and socks on. Time yourself over the week and see if you can get quicker and quicker each day.



Go on a walk with your grown-up and talk about road safety rules and the importance of following them. You could design a poster to show what you know about staying safe when crossing roads.



Show your grown-up how you can brush your teeth properly. Can you use a timer when you brush your teeth or sing a song in your head so that you brush your teeth for two minutes twice a day?



Share a book with someone in your family. Talk about what the characters in the book do. Do they all do the right thing? What could they have done instead? Can you explain why that would have been better?

Make a simple poster or picture that reminds everyone in your home to wash their hands when they've used the toilet. What pictures or information could you include in your poster?

Disclaimer: When carrying out any of these activities, it is your responsibility to assess whether adult supervision or other appropriate safety measures are required.