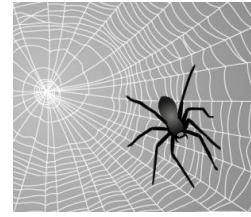


Activities for children between 4 -7 years old





Washing your hands Rhyme- The very busy Spider

Say and model the following poem with your child; follow the 8 spider action steps as outlined below, whilst washing hands. (x2)

The Spider

I watched a little spider build a silvery house so fine;
He spun with his own silken thread a beautiful design.
Up he went and down he went , round and round and round;
Across he went, and back he went, making not a sound.
In he went and out he went, weaving to and fro,
Spinning fast until he had a fine new house to show.

Christina T. Owen

Steps of Washing Hands (from the NHS.uk)

Apply water and soap, then



1. Rub your thumb using your other hand. Do the same with the other thumb.

I watched a little spider build a silvery house so fine

[imagine the fingers are the legs of the spider whilst the rubbing of your thumb shows the spider is busy building]





2. Rub the back of your fingers against your palms.

He spun with his own silken thread a beautiful design.

[really move your hands up and down whilst rubbing the back of your fingers against your palms on both sides, imagine the spider busy spinning a design].



3. Rub your hands together.

Up he went

Use 1 hand to rub the back of the other hand. Do the same with the other hand.

and down he went





4. Rub the tips of your fingers on the palm of your other hand. Do the same with other hand.

Round and round and round



5. Use 1 hand to rub the back of the other hand and clean in between the fingers. Do the same with the other hand.

In he went and out he went, weaving to and fro





6. Rub your hands together and clean in between your fingers.
Spinning fast until he had a fine new house to show.

7. Hold All fingers tips together to show the shape of a house, than open the palm of your hands to show!
And the house was nice and clean!

Repeat steps 1-7 once (the spider was very busy), then:

8. Rinse and Dry hands. Hook your thumbs together (representing the head an body) and wiggle your fingers, 4 on each side.
What a beautiful spider! How many legs does the spider have? (8).



What are 2 meters? Drama Game.

You will need

- A drum or a wooden spoon and pan lid for example, in order to beat a rhythm.
- Some space; an indoor room without too many obstacles or a garden.
- Equal number of objects to people (ie balls, blocks, or chairs)
- Enthusiastic members of your household, as many as possible! A minimum of two people will work, with one person beating the drum and the other person travelling around the space.
- Optional: chalk and measuring tape.

2 meters are roughly two GIANT steps or 4 small steps. Play with members of your household.



Warm Up: Travelling

Start walking around a room or garden. Just follow your nose and change pace or direction. You are not allowed to touch anyone, but be aware of them around you whilst you are travelling through the space. Start to discover new ways of travelling around the room, by stamping like an elephant, tiptoeing like a mouse, walking as tall as you possibly can and walking whilst making yourself as small as possible.



Action 1: Stop, Start, Fast, Slow

Start beating a slow walking rhythm with your drum. Ask people to stop and freeze as soon as you stop beating the drum and start travelling again as soon as you start. You can beat a faster rhythm, if there is enough space without obstacles for people, and a slower rhythm. People follow by increasing and decreasing their pace; ie walk- jog- run – walk, by following the rhythm of the drumbeat.

Action 2: Two giants steps, Four human steps. Two meters distance.

Place an equal number of chairs around the room or objects (ie a ball) around the garden. Tell the people that they can start travelling around the space, but as soon as they hear two drum beats, they need to go and stand by their nearest object (or ie sit on a chair) and then take two giant steps (as BIG a step you can make) away from their object. Only one person per object. When you beat the drum once, they can start traveling around again, but you remove one object.

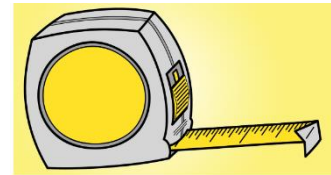
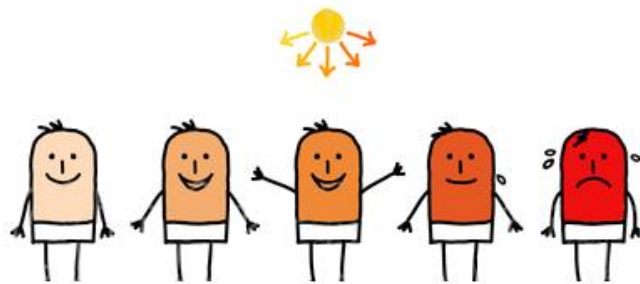
The next time you beat the drum twice, each person goes to their nearest object. The person who doesn't have an object to go to, needs to go to their nearest person and take two GIANT steps away from them instead. Keep repeating until eventually, everyone is standing two meters away from their nearest person.

Variation: If you beat the drum four times, go and stand by the nearest object and take 4 human steps away from it.



Explain that, apart from the people at home that they live with, they should be two GIANT steps or 4 human steps away from EVERY person AT ALL times.

You could practice this with member of your household only, by going ie to a pavement outside your house, or a patio area in your garden. Ask one person to stand still. Ask the children to take two GIANT steps away from that person and draw a circle around that person. Check the distance with your tapemeasure, so children know how far two meters are. Tell them they can't step inside the circle. Ie you could pretend the person on the midde of the circle is the sun and if they get too near it, by stepping inside the circle, they will get burned, it is WAY too hot and dangerous in there.



Measuring 2 meters around the house and Garden

Show a 2 meter distance, using a measuring tape. You could mark 2 meters with a post it note on your measuring tape. If you have any wooden rods, you could measure and saw a 2 meter length and use the wooden rod for measuring instead.

Ask the children to find as many objects as they can around the house and garden that are roughly two meters long, *ie the length of the sofa, a bed, a door, the car, the dog, the bath, the garden fence*. Explain that this is as far as they need to be away from other people to stay safe when they go back to school.

The Sneezing and Breathing Zone

You will need

An outdoor space i.e. the garden, best on a NON windy day!
Glitter (chunky)
A sheet
Measuring tape
A marker, i.e. a peg or stone.

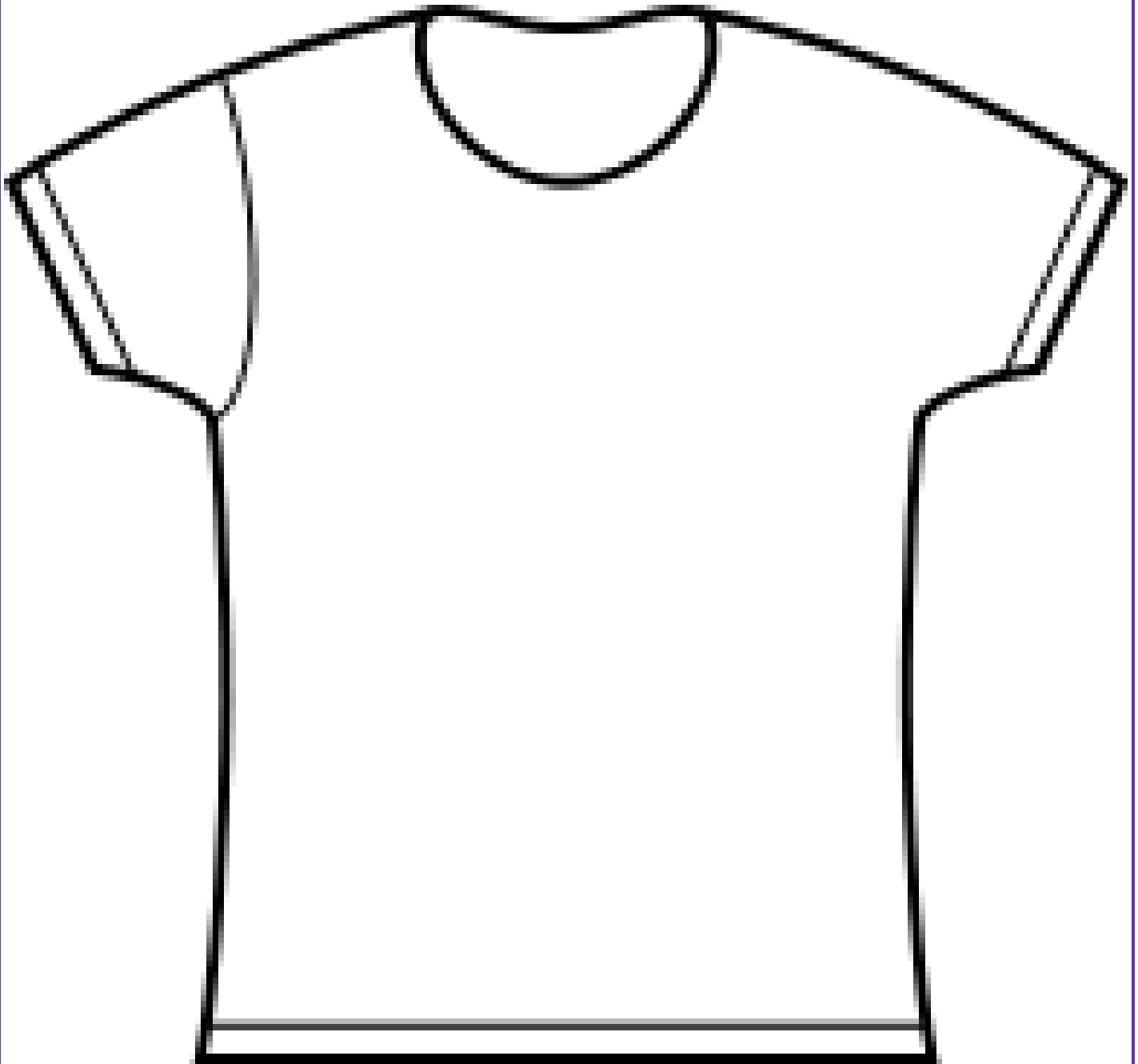
This is a visual explanation for children to understand how far particles can travel in the air, when someone coughs or sneezes. Explain how those particles can land on them or surfaces they touch and make them ill. For example, if they wouldn't wash their hands and would eat using their hands, or rub their eyes or nose or touch their face.

Lay a sheet on the ground and stand by the edge of the sheet, so it is lying length wise in front of you. Put a marker next to you, i.e. a peg in the ground or a stone. Put lots of glitter on your hand. Whilst the children are watching, blow the glitter of your hand, straight ahead, all over the sheet and perhaps even beyond! Ask the children to find and look at the glitter all over the sheet and beyond! They can measure how far the furthest particles have spread.



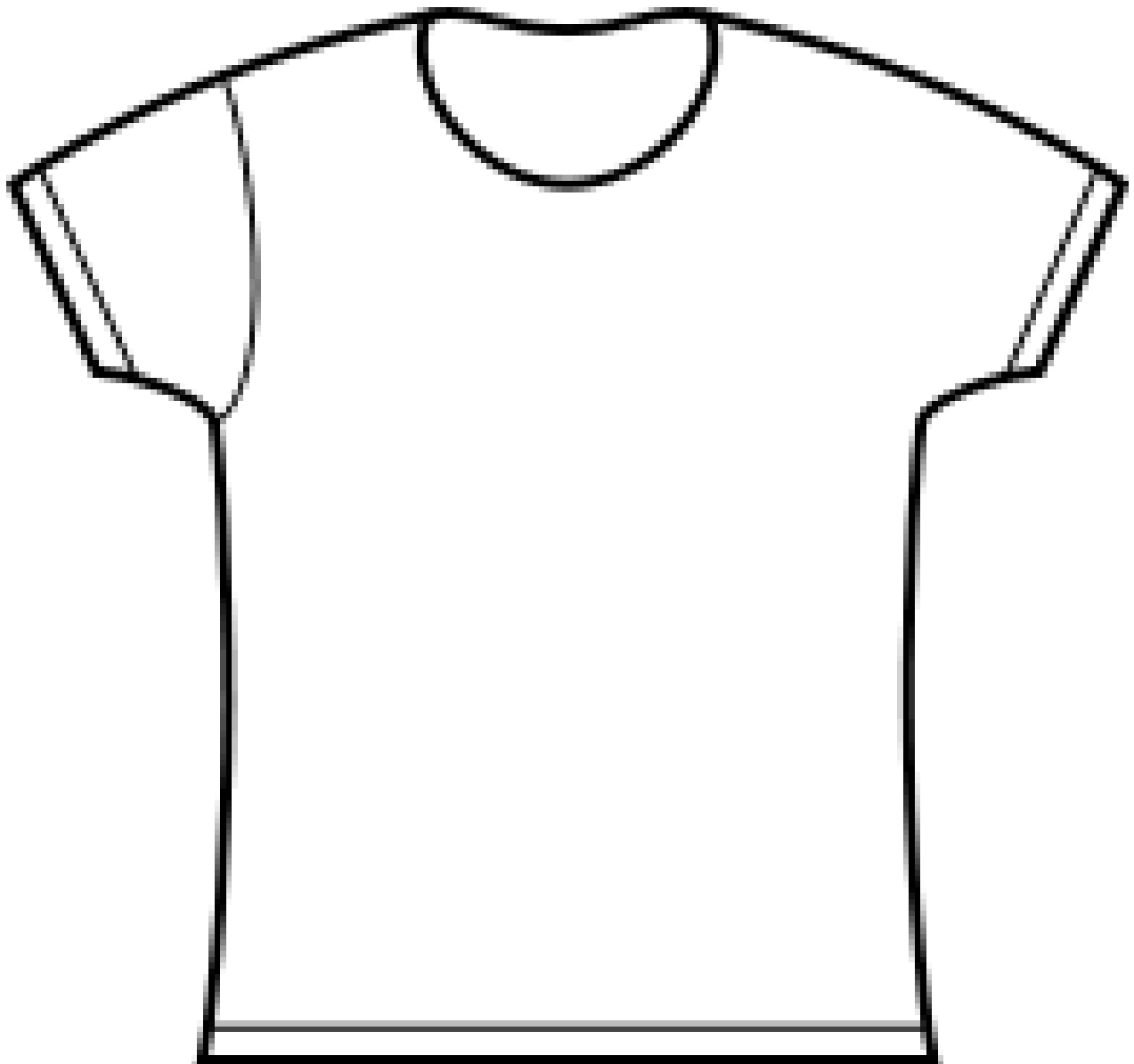
Design A T-Shirt For Someone Special

Is there someone special to you? What do they like?
Design a t-shirt for them to wear. You can draw, colour
or cut and stick things on it.



Design Your Own T-Shirt

What things are special to you? Design a t-shirt with the things you like on it. You can draw, colour or cut and stick things on it.



I Am A Good Friend

At the moment it's very hard not being able to see all our friends. If your friend were with you now, what would they say about you? What things make you their friend? Draw yourself and add some words around your picture to describe you.

I Am A Good Friend



My Best Friend

At the moment it's very hard not being able to see all our friends. Draw your friend and add some words around your drawing to describe what makes them so special.

My Best Friend



Draw a Superhero

There are lots of heroes to choose from at the moment. Can you draw one? Maybe you can add some words around your drawing to describe what they do and what their superpower is.

My Superhero



Have you had a problem?



Sometimes things don't turn out as we want them to.

My problem was:

I solved the problem by:

This is what happened next:



What would you like to do?

Are you missing being able to do things you enjoy?



What will you do when things go back to normal?

I am looking forward to:

I will be with:

It will make me feel:



What have you made?

Can you follow a recipe?

You will need:

A cup

A bowl

A cup full of glue

A cup full of water

A cup full of food starch

Food colouring.



What to do:

Measure out the water, glue, starch and add a few drops of food colouring.

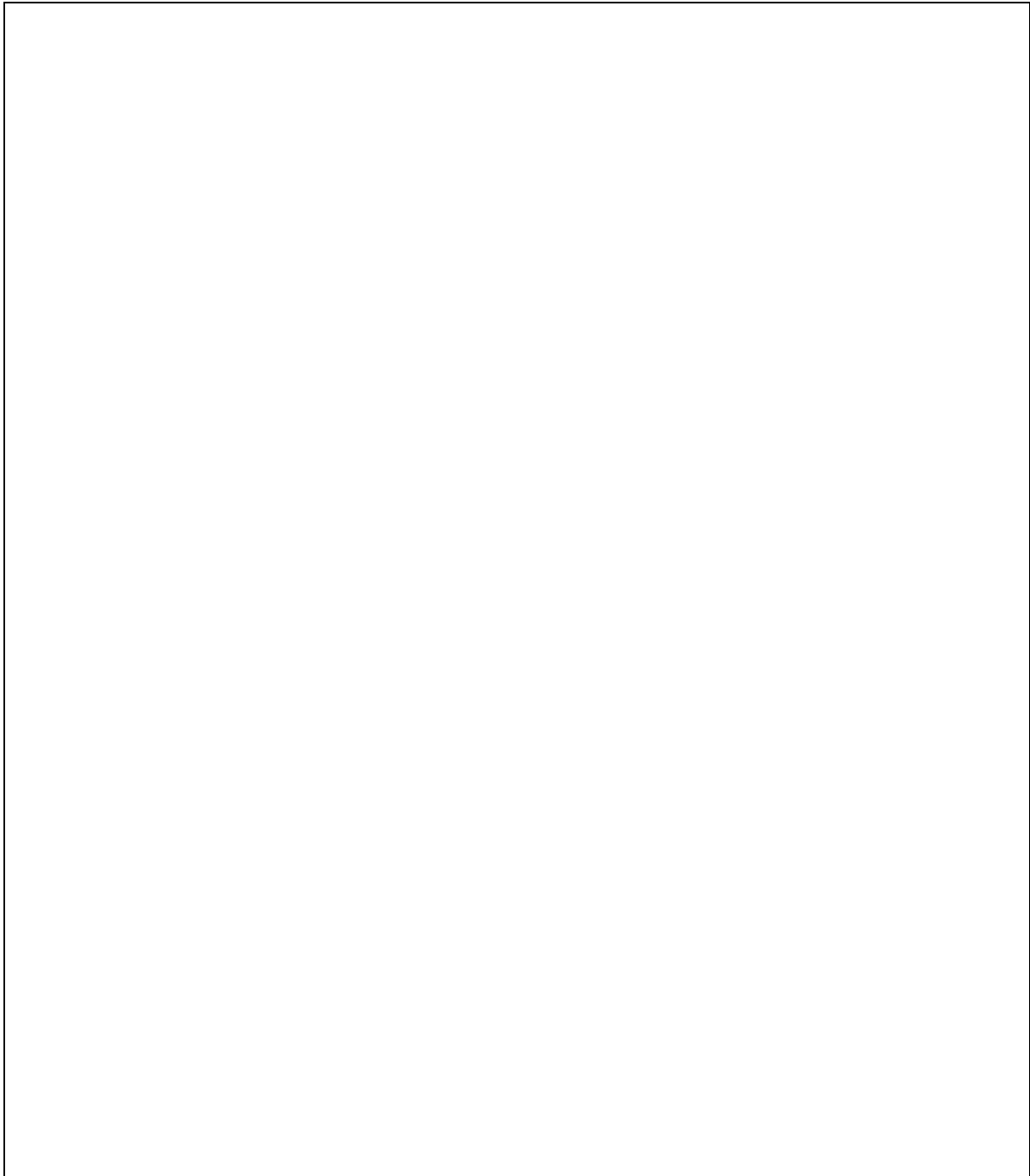
Mix them together

What have you made?



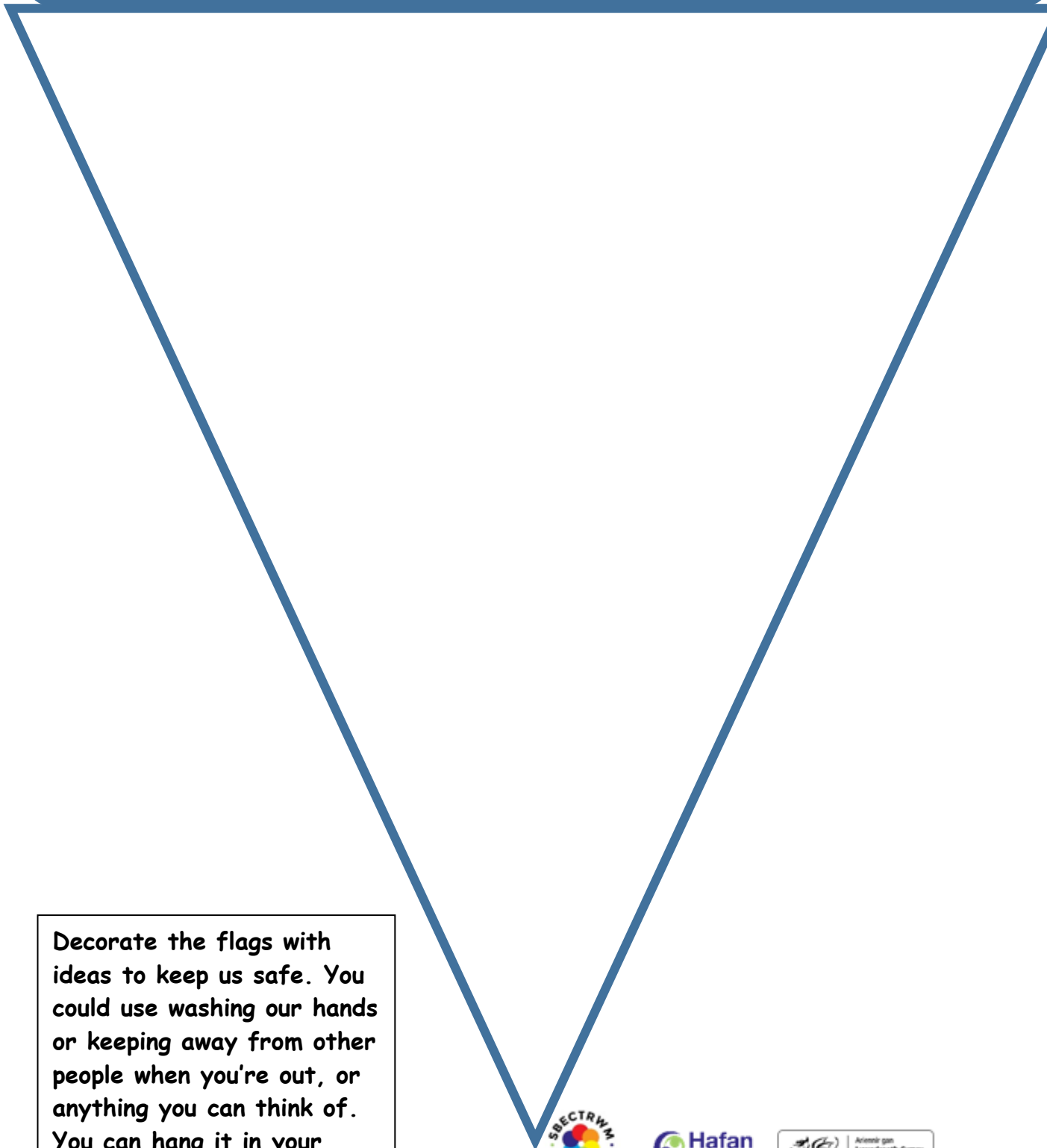
Keeping Safe

We are all trying very hard to be safe. Can you make a poster to remind people of some of the things they must do to stay safe?



Keeping Safe Bunting

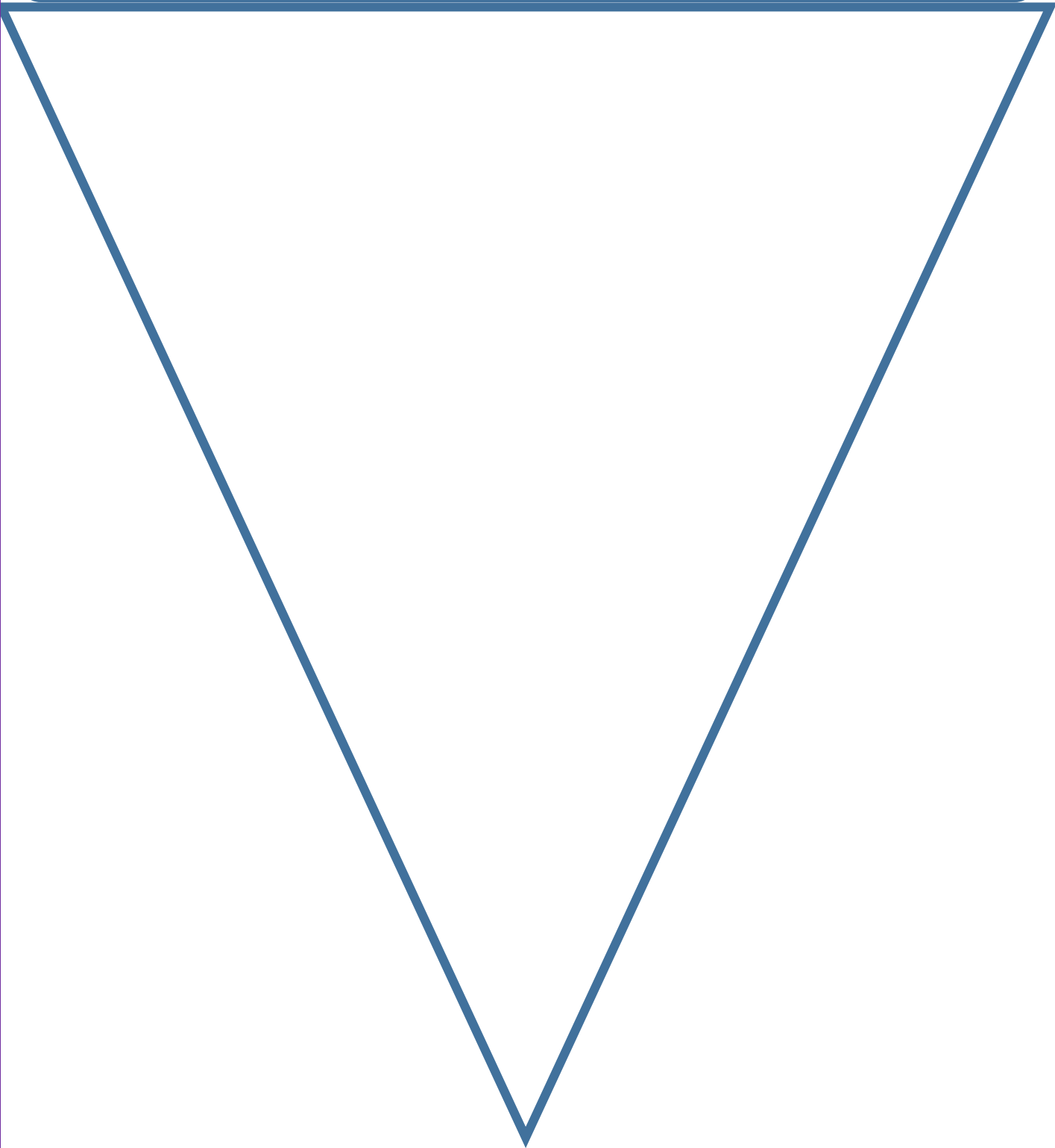
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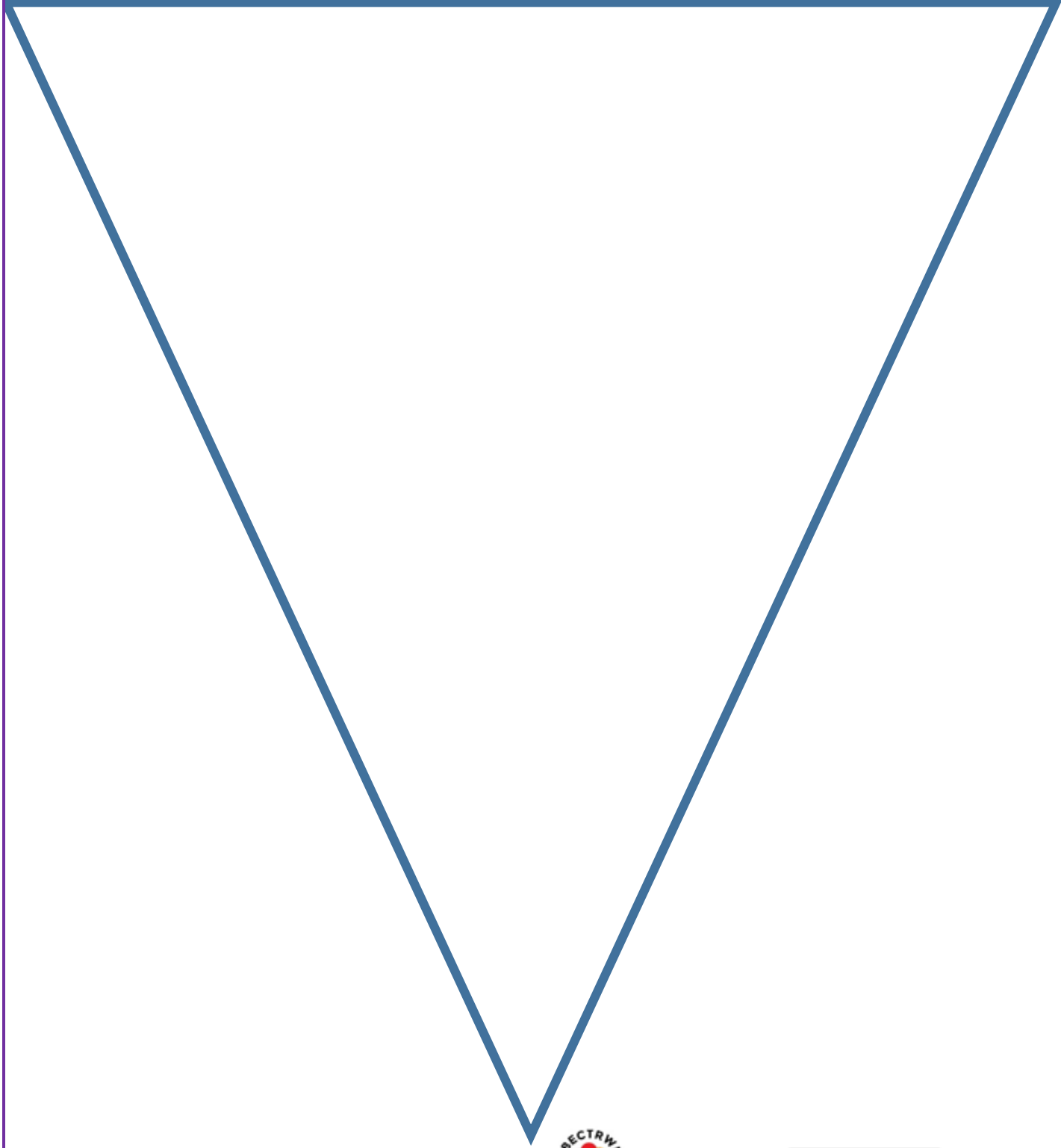
Decorate the flags with ideas to keep us safe. You could use washing our hands or keeping away from other people when you're out, or anything you can think of. You can hang it in your window when it's finished.



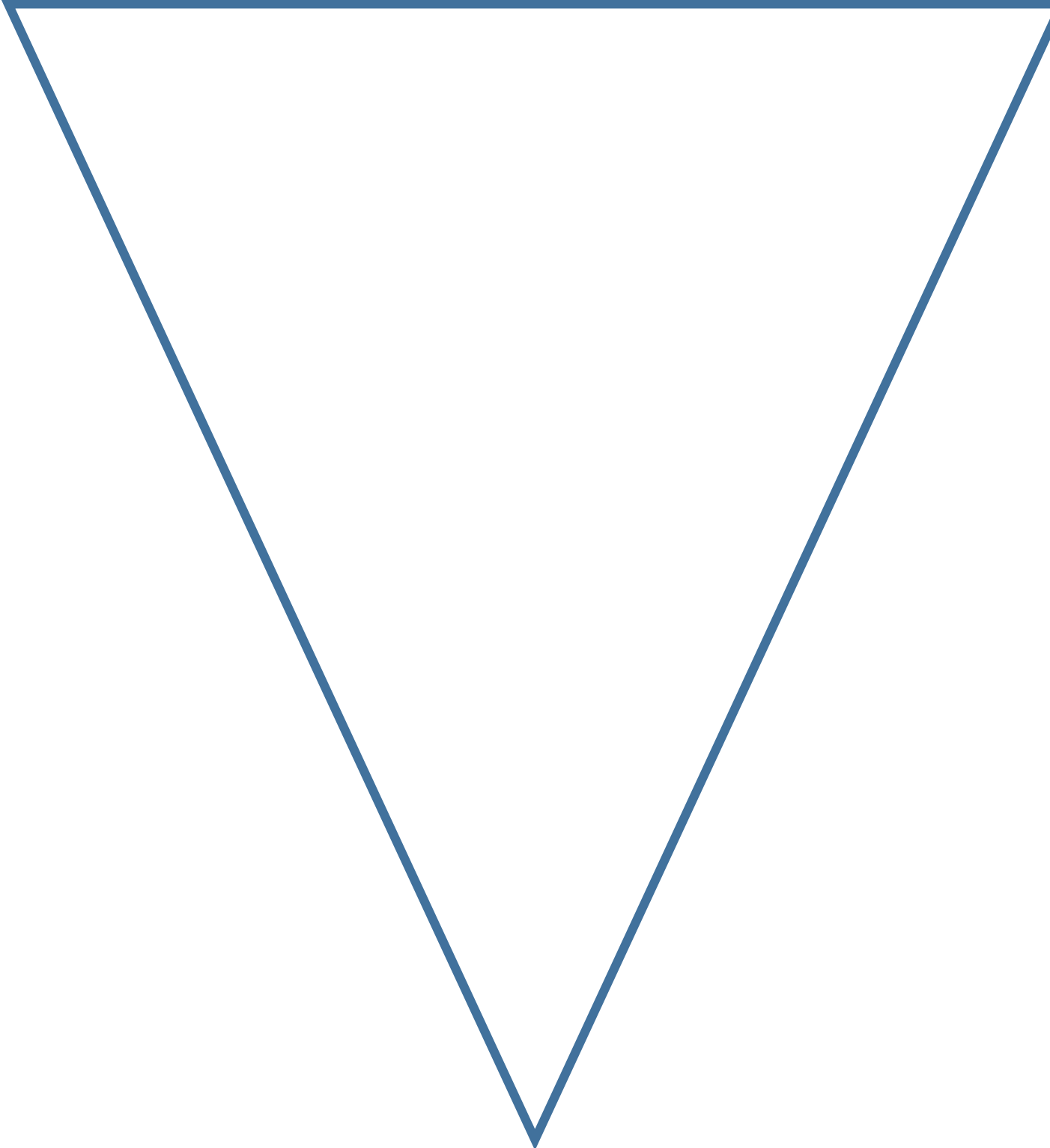
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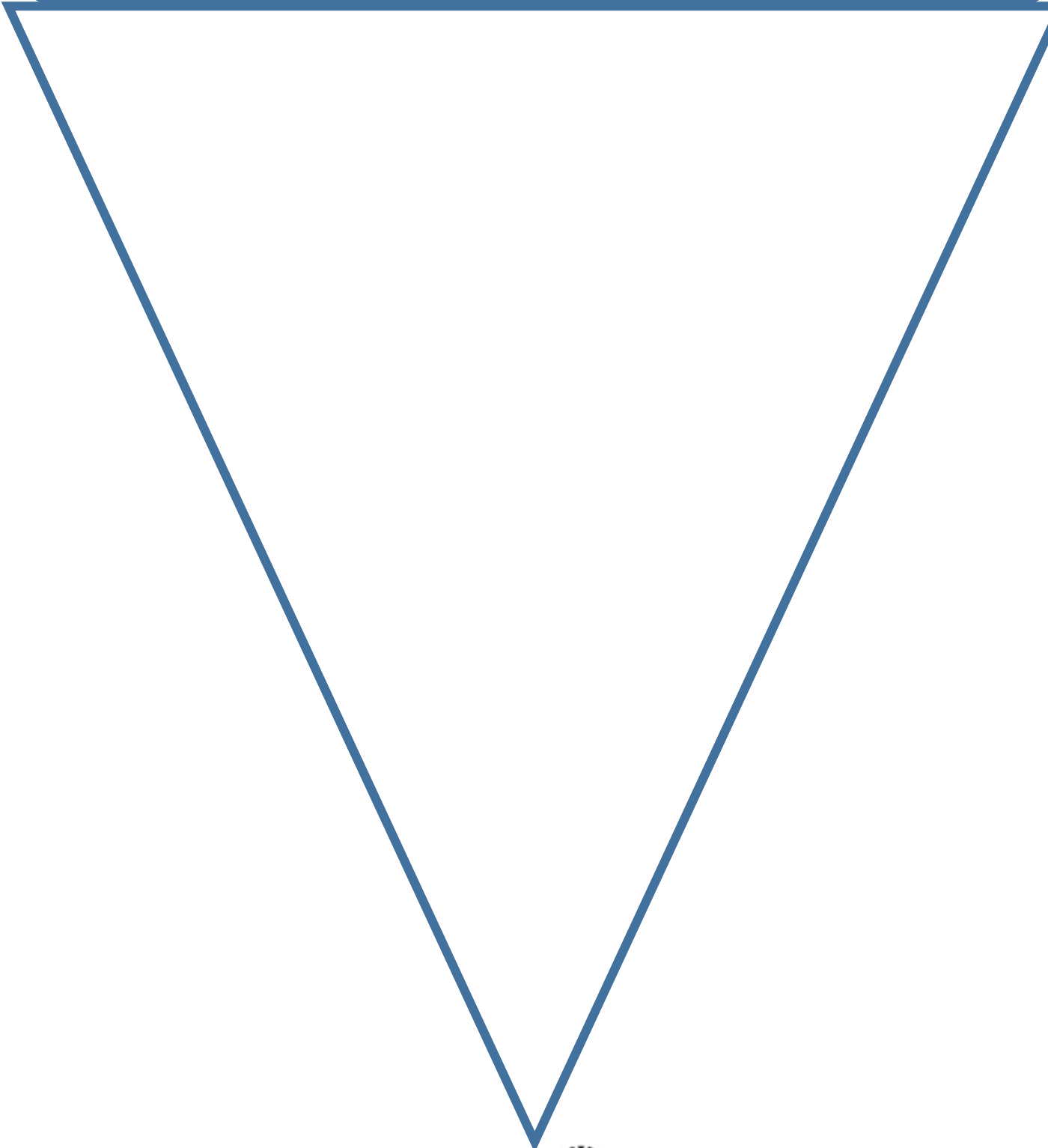
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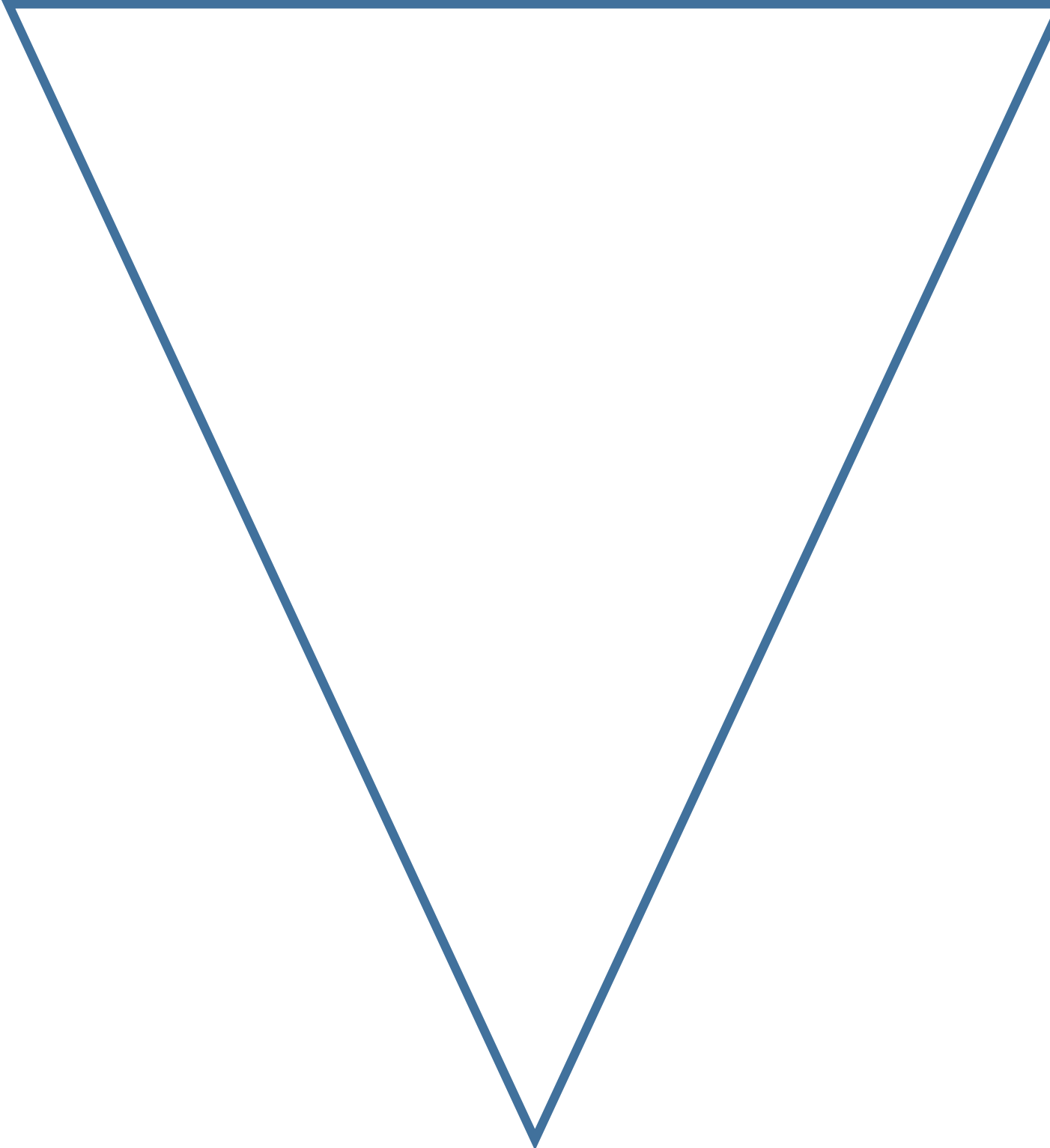
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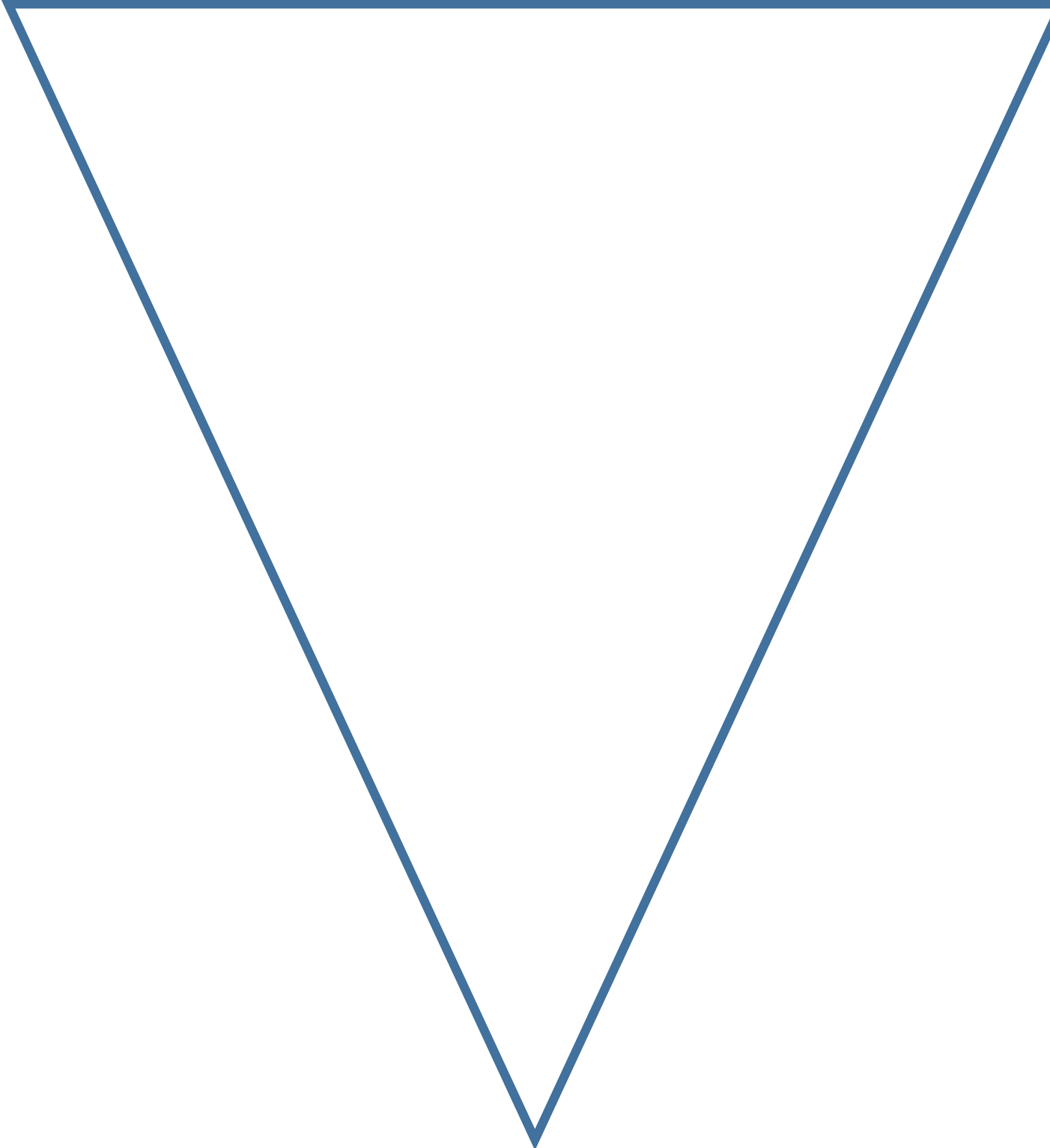
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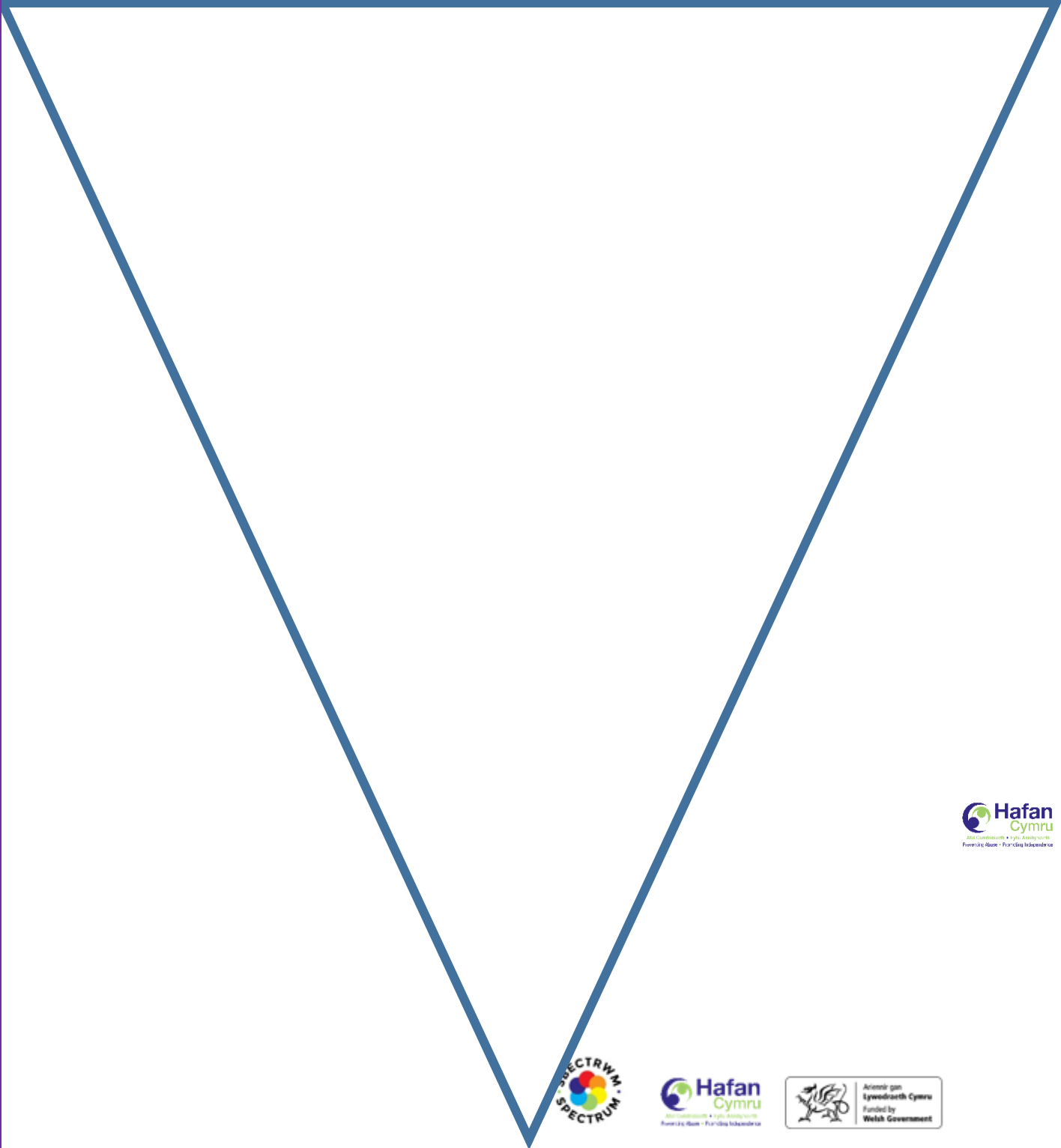


Thank You Bunting

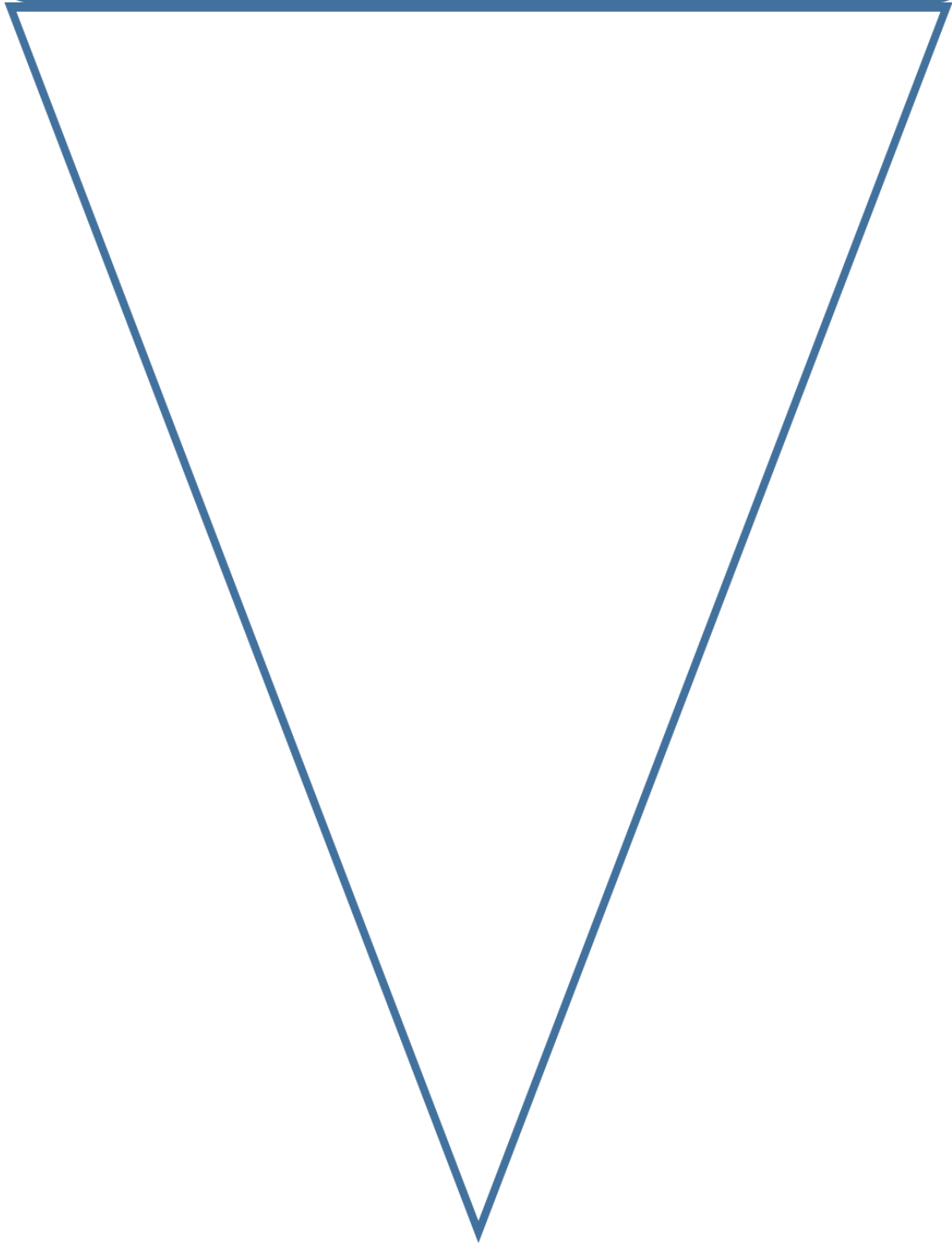
Decorate the flags with some messages for the people who are helping us keep safe. People who deliver post and other things to your house, or doctors and nurses. Once you have made your flags you could hang them in the window.



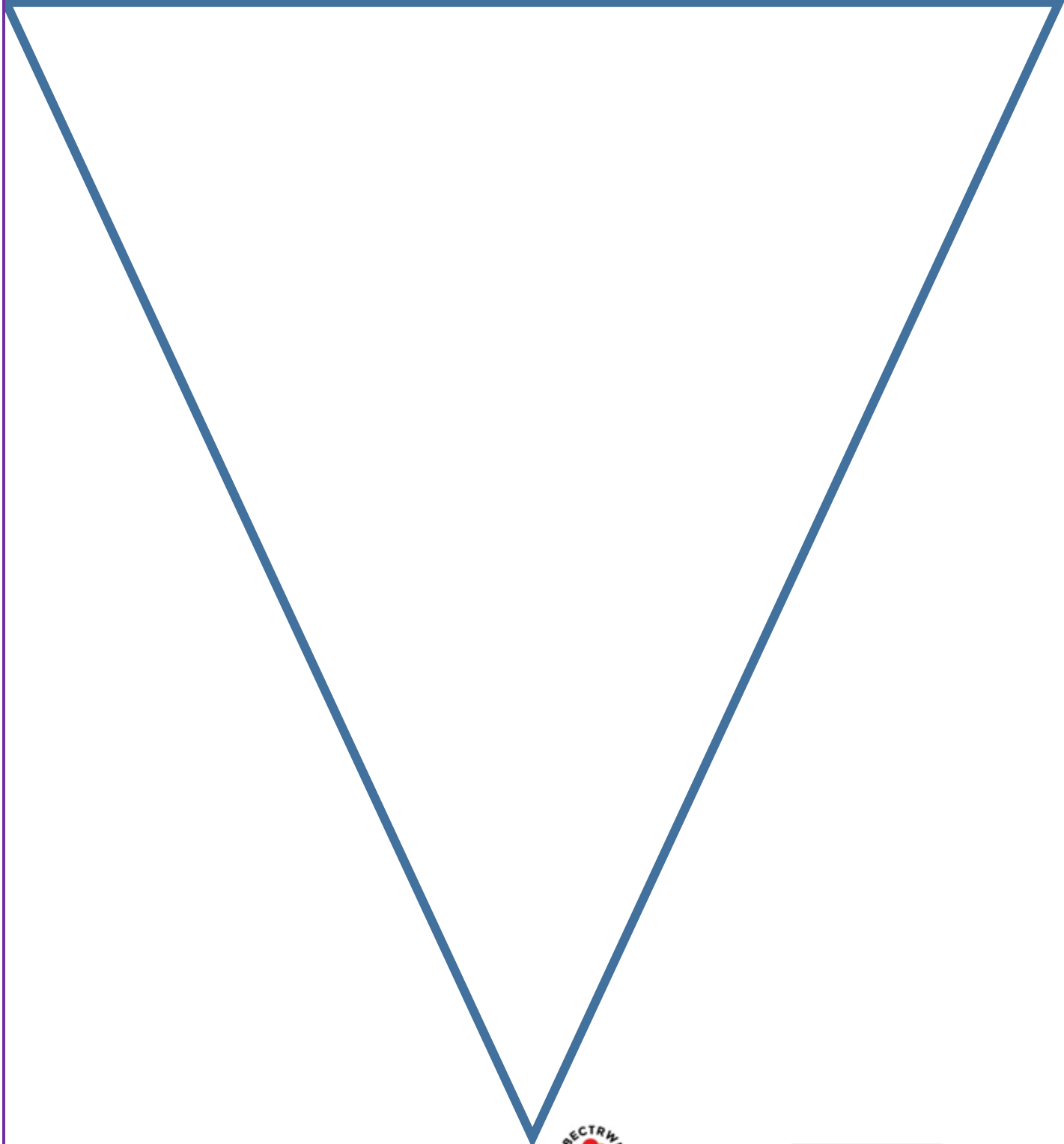
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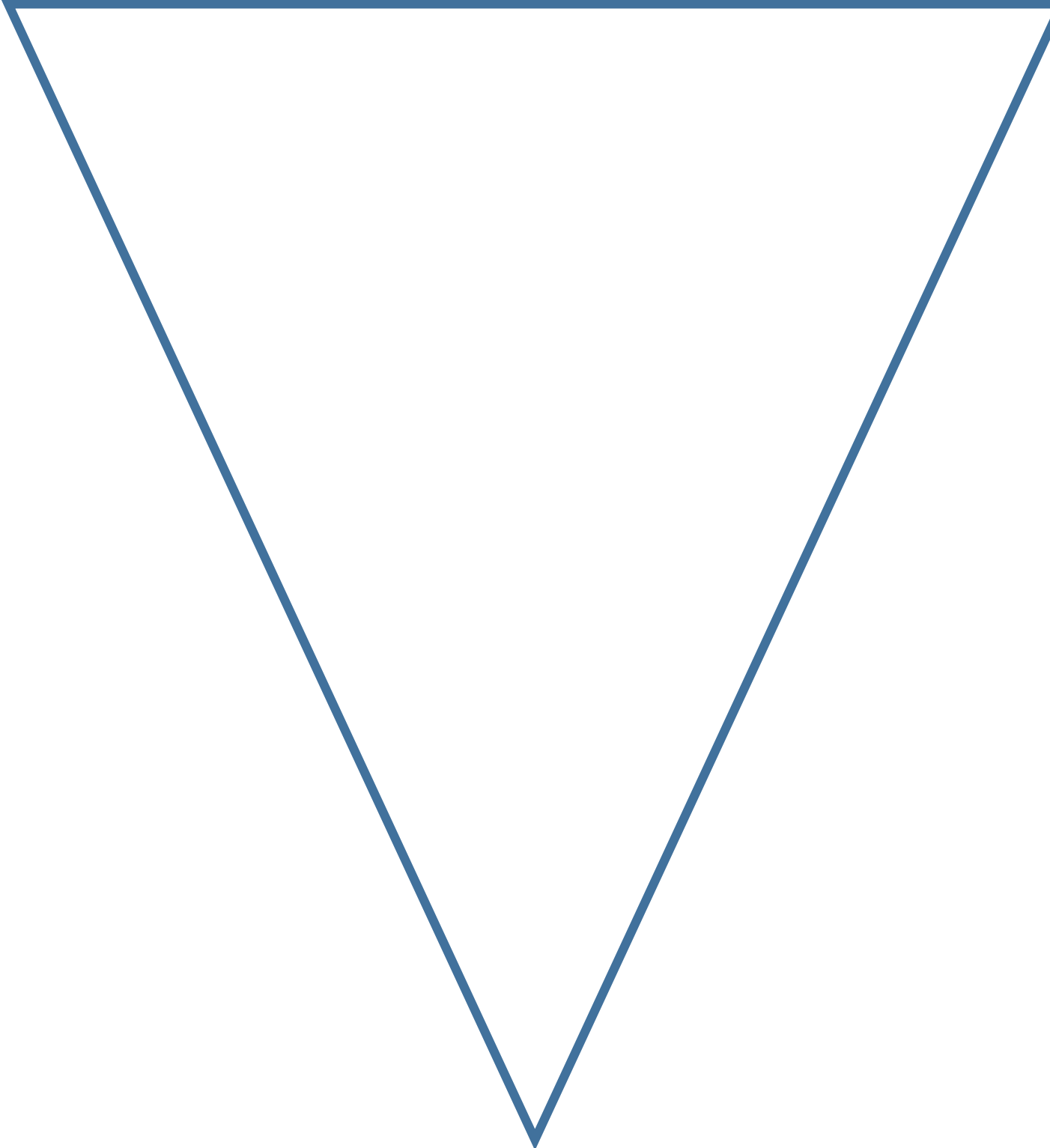
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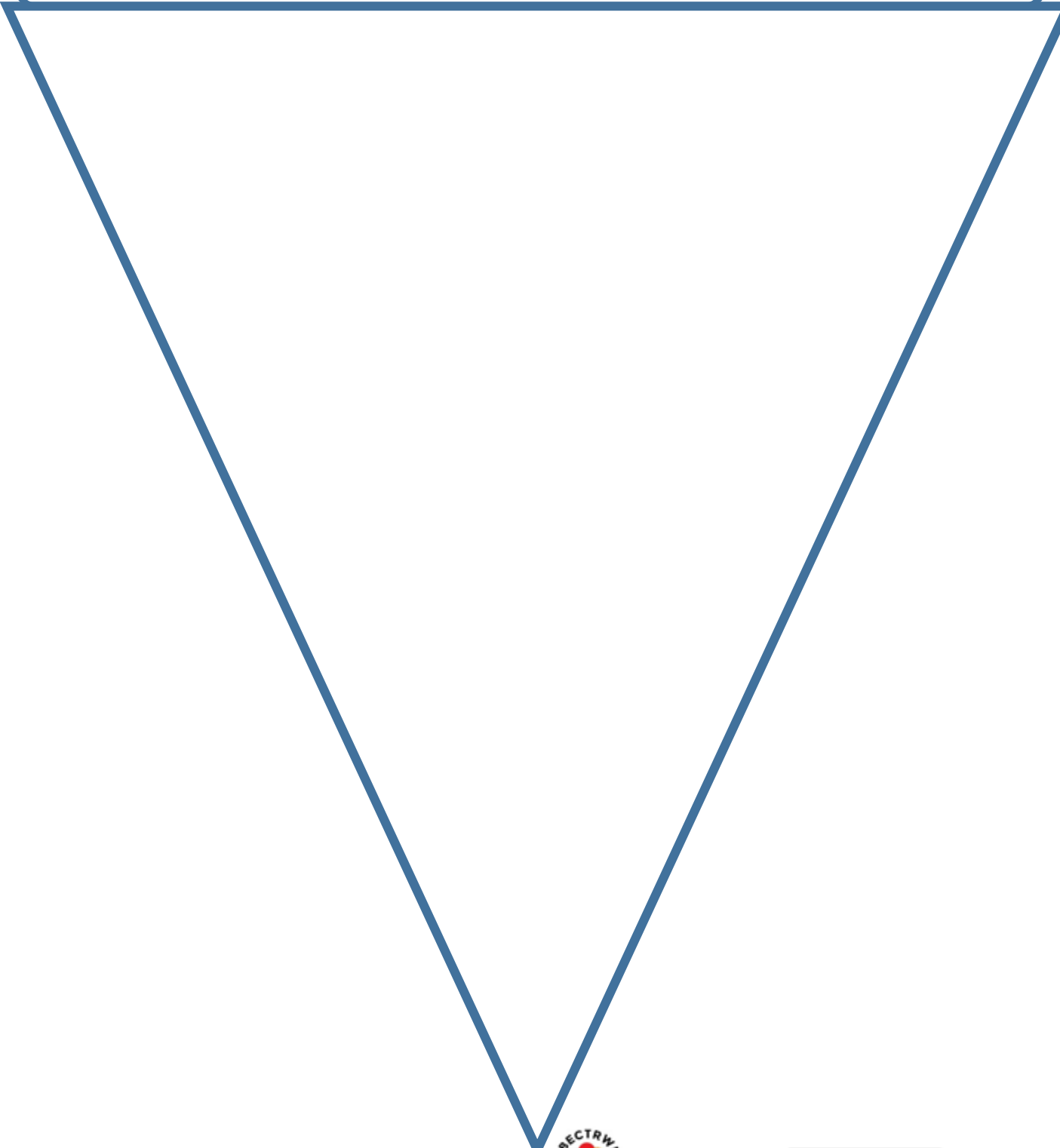
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