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| **Important things to do each day** |
| Get yourself dressed. Only ask an adult for help if you really get stuck and can’t put something on by yourself. Can you get quicker each day? |
| Brush your teeth twice a day; after your breakfast and before you go to bed. |
| Count the number of steps in your house; when you come downstairs for breakfast each morning and when you go back upstairs to bed at night. |
| Read a bedtime story with an adult or older brother/sister.  |
| Practise drawing lines and circles, or writing your name (You could use pens, pencils, chalk or water & a paintbrush on the doorstep). |

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| * Download the letter ‘a’ workbook. If you’re unable to print it off, copy the activities and create your own booklet.
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| * Complete the Goldilocks & the 3 Bears sorting activity. If you’re unable to print it off, draw the 3 different sized bears with their bowls, chairs and beds. Cut them out then ask your grown up to muddle all the pictures up. Now give the correct items to each of the bears.
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| * Watch the information video about bears on YouTube with your grown up: **Disneynature Bears/Brown Bear Facts** <https://youtu.be/DAO0e9_L_ss>
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