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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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| **Matching Voices**   * Ask your adult to help you record the voices of everyone in your family counting to 10. * Now listen to each voice one at a time. Can you name the person whose voice you can hear? * Now record everyone again, but this time ask them to try and disguise their voices whilst they count. Try using a scary voice, sleepy voice, Daddy Bear voice…. |
| **Patterns**  Use your coloured pens or pencils to decorate the dinosaur picture below, or you could draw your own dinosaur and decorate it with some lovely colours and patterns. |
| **Dinosaur Stomp**     * Listen to the Dinosaur Stomp song. * Stomp around your room in time with the music. * Tap a drum or pan in time with the music, but check with your adult first that it’s not going to give them a headache.   <https://youtu.be/AM3VomijOw8> |

