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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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| **Meet Fred Frog in today’s video** |
| **The Big Wibsey Bird Watch 2021**   * Put on your coat so that you’re nice and warm. * Find a pencil and the bird watching sheet (make your own if you can’t print it out). Now you’re ready to get started. * Go outside to your garden or the park and stand very still so that the birds don’t know you’re there. * Each time you see a bird, draw a line next to it on your sheet. * When you’ve finished, count how many of each bird you saw. * Which bird did you see most of? * Which bird did you see fewest of? |
| **Play ‘Feed the Birds’**   * Put some pompoms or pasta on a plate. Pretend its bird food. * Find a clothes peg. Use your finger and thumb to squeeze the peg open. * Pretend your peg is a bird’s beak and use it to pick up and eat the pompoms or pasta. * Why not have a competition with the other members of your family to see who can pick up the most food. |