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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?
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| **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.
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