

Nature Puzzle

Go on a nature walk in your Garden.

What can you find e.g. rocks, flowers bark?

Draw a shape.

Can you fill your shape with your items?



Build and Create

Use Lego, blocks or puzzles to explore how to build using different structures.



Stacking objects

What happens when you stack objects on top of one another?

Find objects around your home of different shapes and sizes e.g. blocks, rocks, plastic containers.

Let's get stacking!



Body Balance

Can you balance on different points of your body? Roll a dice and see how many points you can balance. e.g. can you balance on 1 point (balance on one leg)



Spatial awareness Activities

Does it roll?

Can you find 5 items in your house that can roll?



Can you find 5 items in your house that will not roll?

Yoga

Let's get our body moving! What shapes can you make? Engage in cosmic yoga and practice yoga poses.



Make a shape

Go on a scavenger hunt in your house. What can you find? E.g. Straws, toothpicks, rocks, pencils, ribbon or string.



Can you make a shape?

Obstacle course

Let's construct! Can you create your own obstacle course in your home? Go and find some pillows, chairs or boxes and create an obstacle course!

