

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1 Read a book together. Can you guess what will happen next? See www.oxfordowl.co.uk for free e-books</p>	<p>2 Make breakfast together. Model verbs, 'cut', 'spread', 'pour', 'drink' 'eat', 'chew' use gestures too.</p>	<p>3 Recycle a cardboard box. Can you make a house, a garage, or a shop?</p>	<p>4 Draw your family. Who is the 'tallest'? What is the 'same' or 'different' about you?</p>	<p>5 Play with a ball. Give instructions to 'roll', 'kick' or 'throw' the ball to each other.</p>	<p>6 Go for a walk What animals can you see? Can you copy how they move? and talk about this</p>	<p>7 Treasure hunt Hide 5 items, give your child clues to find them. Do they need to look 'under' 'next to'</p>
<p>8 Play shop Make your own toy shop or food shop and take turns to be the shop assistant. What would they say?</p>	<p>9 How many fruits can you name? Can you list 5 or more? Use pictures online if you need help. Can you describe them?</p>	<p>10 Memory game Place 5 items on a tray, name each item then cover them and take 1 away. What's missing?</p>	<p>11 Cut a heart and draw or write things you love on it. You could think about; foods, toys, people and places.</p>	<p>12 Can you see any aeroplanes in the sky? What else flies? Can you make a paper plane?</p>	<p>13 Egg and spoon race. No eggs? You can use a small toy e.g. car to 'balance' on your spoon instead. Walk 'slowly'!!</p>	<p>14 Colour walk Can you find 5 red items? Car, flower, door, road sign, post box.... </p>
<p>15 Make a foot print or hand print What does this feel like? send it to someone you miss.</p>	<p>16 Do a jigsaw together talk about the picture. You can make your own from an old magazine</p>	<p>17 Help sort the washing Talk about colours or who they belong to ('mummy's jeans' or 'blue t-shirt')</p>	<p>18 Blow bubbles Can you blow them 'up high' and 'down low'. Pop them with your finger or tap them with your toes</p>	<p>19 Family movie night What is your favourite film? Make your own tickets, how many will you need?</p>	<p>20 Car wash. Wash your toy cars in the garden. Model words; 'wash', 'wet', 'dry', 'shiny', 'dirty' etc.</p>	<p>21 Exercise together take turns to choose each exercise, 'jump', 'skip', 'run'</p>
<p>22 Can you get dressed on your own? Look out the window, what clothes will you need. Is it going to be a warm day?</p>	<p>23 Fruit rainbow Can you think of different fruits to match the rainbow, red = strawberries, </p>	<p>24 Row, row, row your boat Can you make teddy or dolly a boat? Do you have a shoe box? What else could you use?</p>	<p>25 How many farm animals can you name? Can you think of more than 5? Do you have any farm books?</p>	<p>26 Ice cubs Find 5 items to put in ice cube trays. Talk about what you've got. What do you need to make ice cubes? Where do they go?</p>	<p>27 Ice play Look at your items from yesterday. Talk about how they feel, watch them melt, can you get your items out of the ice?</p>	<p>28 Colour walk Can you find 5 green items? Grass, leaf, car, tree, door.... </p>
<p>29 Point to actions in books 'Who is walking?' 'Who is sleeping?'</p>	<p>30 What was your favourite activity? Repeat it again!</p>	<p>Use the daily activities to model language and enjoy learning together. You can visit our website for more tips and ideas.</p> <p>https://essexfamilywellbeing.co.uk/service/speech-and-language-therapy/</p>				