

## Reception's Two Week 'Rainbow' Challenge

<u>Floating and Sinking</u>	<u>Workout Time</u>	<u>People Who Help Us</u>	<u>Coin Hunt</u>	<u>Den Building</u>	<u>Spring Clean</u>	<u>Dance Time</u>
<p>Your challenge is to predict what items will float and what items will sink.</p> <p>You can ask a grown up for a bucket of water or you can do this when you are in the bath.</p> <p>Were your predictions correct? Were your grown ups?</p> <p>See if you can think of a good way to record your findings. It would be good to see your predictions as well.</p>	<p>Ask a grown up to find you a workout on 'You Tube'. Maybe Joe Wicks or Cosmic Yoga.</p> <p>What do you notice about your body when you exercise?</p> <p>Can you make up your own exercise routine? Maybe you can ask someone to film it and we can use them in PE when we are back at school.</p>	<p>If you know someone who is still working or who is helping someone then maybe you can draw them a picture or write them a letter to say thank you. If you haven't done so already maybe you could make a rainbow for your window to show your support.</p> <p>Discuss with your grown ups the different ways in which people help one another especially during this time.</p>	<p>Go on a coin hunt and collect all the loose coins around your house. Can you sort them into different types and learn how much they are worth? Can you make a shop with your toys and practise buying things with the coins?</p>	<p>Can you build a den? Ask if you may use some sheets, bedding, pegs or other items around your house.</p> <p>You might need to draw a plan first? Write/draw a list of things you may need. Maybe you can make a sign for your den? Or take a picture to show us.</p>	<p>Sort through your toys, clean under your bed, dress your toys and tidy your bedroom.</p> <p>Maybe an adult may help you sort through your clothes and help you organise your room. You might find some items that you can donate at a later date. You may like to play the tidy up song like we do in class.</p>	<p>We miss seeing your dance moves. Dancing makes lots of us smile and is a good form of exercise. Ask a grown up to play your favourite song and get dancing. Maybe they will join in too. Can you make up your own dance routine? Maybe share some of the dances we do in class.</p> <p>If dancing isn't for you maybe you might want to sing or play an instrument instead.</p>