<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Example</th>
</tr>
</thead>
</table>
| Monday   | **Plants.**  
If you have access to outdoor space ie: a garden.  
Have a close look at the plants growing and identify what the plant is and look closely to see if you can find the flower, stem, root and leaves. | Draw a plant and label it with Flower, stem, leaf, roots. |
| Tuesday  | **Plants:**  
Discuss what plants need to stay alive and grow?  
Write your child’s ideas down.  
Light, Water, Air, Soil.  
Discuss each idea further and why they are important. | Ask your child to write a sentence in their jotters using the above words.  
*Example:*  
*Plants need water or they will dry out.* |
| Wednesday| **Seasons**  
Discuss weather in our country and ask your child what season we are currently in.  
Talk about Spring and how each season changes.  
Brainstorm what things we see in each season.  
Go on a Spring walk in your garden or outdoor space and find all the signs of spring and take photos to print or post on twitter or draw pictures. |  |
| Thursday | **Seasons**  
Draw a tree for each of the 4 seasons of the year and label each tree:  
Spring, Summer, Autumn, Winter.  
Ask your child to write what they know about each season.  
*Example:*  
*In Autumn the weather gets colder and the leaves turn different colours and fall off the trees.* |  |
|     | Keeping Healthy.  
Discuss how our body changes when we exercise. Heart beat increases, we sweat, we get out of breath. | Get active with your child.  
Use youtube and search for:  
- Les Mills Born to Move age 6-7  
Or,  
- Kids beginners workout The Body Coach.  
Or,  
- Cosmic Kids Yoga  
- Set up an obstacle course in your garden (if possible) |