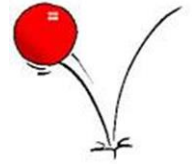


“Bounce Back to School Programme” Family Activities

Week 6, Monday - Staying on Track

This week is about pulling together everything your child and you have been doing over the last few weeks. It is a summary of skills learned and a time to celebrate together!

	Activity Focus
Monday	<ul style="list-style-type: none">• Today your child has been thinking about their favourite relaxation exercises and has made a fortune teller. As a family, all together find a special cosy, calming spot and try one of their favourite relaxation exercises before bedtime.

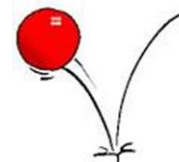


“Bounce Back to School Programme” Family Activities

Week 6, Tuesday - Staying on Track

This week is about pulling together everything your child and you have been doing over the last few weeks. It is a summary of skills learned and a time to celebrate together!

	Activity Focus
Tuesday	<ul style="list-style-type: none">• Today at school your child has created a poster about the people who care about them. Find somewhere you can display this poster, so they are always reminded of their support network.• Talk to your child about who they have drawn and how they can be supported by them. Talk about how they can ask these people for extra support should they need it.

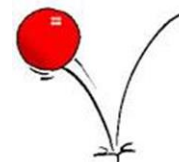


“Bounce Back to School Programme” Family Activities

Week 6, Wednesday - Staying on Track

This week is about pulling together everything your child and you have been doing over the last few weeks. It is a summary of skills learned and a time to celebrate together!

	Activity Focus
Wednesday	<ul style="list-style-type: none">• Write a thank you postcard to family members. They can either be in your household or wider family. Give/post the card to the person.• You can either use the template or make your own card. However, you need to include the following:<ul style="list-style-type: none">- You make me smile when you...- You are very good at...- I like it when you...Thank you for being you! <p>See Resource: <i>Thank you Postcard Template</i></p>

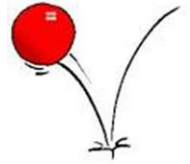


“Bounce Back to School Programme” Family Activities

Week 6, Thursday - Staying on Track

This week is about pulling together everything your child and you have been doing over the last few weeks. It is a summary of skills learned and a time to celebrate together!

	Activity Focus
Thursday	<ul style="list-style-type: none">• Today at school your child has been listening to a story about nature and thinking about how the natural world is amazing and changes over time.• Spend some time talking about your favourite amazing thing about nature, such as how the leaves change on trees, how huge trees grow from tiny seeds or how animals such as emperor penguins or turtles cope with the world around them. Explore the internet for some of these things if you can and/or share some books together.• Talk about how humans need to be respectful of the natural world and try to live in harmony with it.



“Bounce Back to School Programme” Family Activities

Week 6, Friday - Staying on Track

This week is about pulling together everything your child and you have been doing over the last few weeks. It is a summary of skills learned and a time to celebrate together!

	Activity Focus
Friday	<ul style="list-style-type: none">• The time has come to have a think about all of the activities that you have done together at home.• Bring all of the posters, jars, pictures, stories etc. that you have done over the 6 weeks and talk about what you remember and what has been your favourite.• Take a family photo of all these activities around you and whist you are altogether too!• Have a look in someone’s ‘My favourite things’ jar and see if you can make one of their favourite things come true today.• Decide as a family which 3 activities you are going to carry on doing from now on.• Display your child’s certificate that school provided for them today.• Now, play a song and have a silly dance together to celebrate 😊