



Charlestown Primary School

Two Week Isolation Pack



	Day 1	Day 2	Day 3	Day 4	Day 5
Activity 1	-Ask the children to retell the known stories of 'Goldilocks', 'The three little pigs', 'The three Billy goats Gruff', and 'The Gingerbread man' and find props to act out the stories.	Provide a bowl of water and different sized containers to explore, and talk about what they notice. Add food colouring to the water for interest.	-Play games, placing pegs around the rims of bowls, threading pasta tubes on string etc. for fine motor skills.	Nursery Rhymes are a great way to develop a child's language and rhythm. Have a listen and sing to these Nursery Rhymes . Do you know anymore from when you were a child? Share them with yours!	Use an ice cube tray or small containers, fill with water and put in the freezer. You could add food colouring or small toys for extra excitement. Once it is frozen, enjoy exploring the ice and finding out what happens to it. Use words like; hard, smooth, cold, melting, frozen as you explore.
Activity 2	-Practise counting out aloud at all opportunities, such as walking upstairs and downstairs, how many toys are put away in the toy box, how many particular toys you have, teddies, cars, etc	-Encourage children to spot letters from their names in print they see all around them. Give them pages from a magazine or leaflet etc. and a pen to underline letters from their name.	Send the children on a number hunt around your home, how many objects can they find that display numbers, e.g. phones, remote controls, washing machine controls, clocks, leaflets etc.	A great fine motor activity is this sorting activity. Use a bun tin or selection of small containers and sort small coloured items into each pot. You could use beads or buttons.	- Find a 'Busy picture' to look at together. Talk about what you can see, encouraging children to use words like; and, so and because to make their sentences longer.
Activity 3	-Provide a streamer e.g. a long piece of ribbon/ string/ crepe paper and let the children experiment with different movements to begin with. Then make small and large circles.	-Provide different materials for junk modelling, such as cereal boxes, cardboard tubes etc. along with tape to attach them.	- Play scavenger hunt games. Find a set of objects and hide them around your house and garden for the children to find.	This would be the perfect time to get out some old photos and talk about what is happening in each picture. Talk about family and other people in the pictures. Enjoy looking back at past experiences and see what the children remember.	Watch the Youtube clip ' Where's the monkey? ' Talk about the positional language used; on, next to, behind. Play your own game of where's the monkey, encouraging the children to use positional language.



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	Day 6	Day 7	Day 8	Day 9	Day 10
Activity 1	-Practice your throwing and catching skills. You could use a ball or a balloon or even a rolled up pair of socks! Can you count how many you can do before somebody drops the ball? Can you do more than 10?	Line up 10 teddies/dolls, action figures etc., and cover them with a cloth to make a bed. Practice counting down from 10 to 1 with the song 'Ten in The Bed', removing a bear after each verse. How many bears are left each time?	Give the children a pile of junk mail, or pages from newspapers or magazines and a pen to find and circle numbers.	Look at old magazines and cut out the things that you like. Can you stick them onto paper to make a picture?	Provide a box, pan, or container and a set of clothes pegs. Challenge children to use one hand to pick up the pegs and peg them to the side of the container. You can time them and see if they can improve their time.
Activity 2	Sing the action song 'Head, Shoulders, knees, and toes and encourage children to touch body parts as they sing the words.	Let the children help to make a sandwich or butter a piece of toast for themselves. Encourage them to spread the margarine all over to the edge. Use the opportunity to talk about the importance of hand hygiene.	Click on the link below and join in with the ' Popcorn ' dance. Pat is done with hands, tap is done with fingers.	Play your child's favourite music and have a dance party. Then, stop the music and freeze! If your child wants to win the game, they will have to freeze when the music stops and wait until it plays again. This challenges the body's ability to move freely and suddenly stop, helping your child develop balance.	Collect a selection of objects from around the house. Can you put them in order according to size? Use the language big, medium and small.
Activity 3	Place a small amount of objects on a tray and study the objects. Cover the tray with a cloth and remove one of the objects. Which object is missing? Make it harder by covering the tray and ask the children to remember every single item on the tray.	Hide something inside a bag or box. Give your child a set of clues and see if they can guess what it is. Eg, it has a trunk and four legs and it is grey. (a toy elephant) Can your child hide something and give you clues?	Use a piece of stretchy material or a cot blanket, etc. for games where you can bounce objects and toys – balloons, small balls, soft toys on the surface. Work together to keep the material stretched.	Provide paper, bits of card, pencils, crayons etc for children to practise free style drawing. Ask them about their drawings for you to model writing a label or a sentence and then read it back to them.	Spend time practicing doing your zip and even challenge yourself to do buttons. You could just give your child a t-shirt to practice with, they don't need to be wearing it!