

Nursery Home Learning Activity Ideas

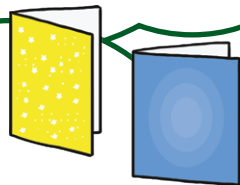


Do ten star jumps. Jog on the spot and count to ten. Do ten bunny hops. How does your heart rate feel?



Draw a picture of a happy face. Now draw things that make you feel happy.

Think of someone who helps you. It could be a parent, a family member or a friend. Make them a card or a picture to say thank you.



With an adult, build an indoor obstacle course and try it out.

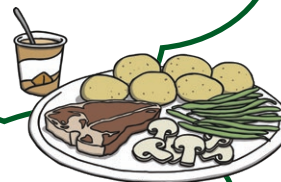
With an adult, prepare a healthy snack and eat it together.



Practise balancing. Can you balance on one leg? Can you balance on one arm and one leg? Can you balance on your knees? See how many different ways you can balance.



Draw a picture of your favourite meal. Include your favourite drink and your favourite pudding.



Create instruction cards for how to wash your hands or brush your teeth. Challenge an adult or family member to follow the instruction cards.



Tidy up your bedroom or another room in your house.

