

Get yourself dressed in the morning.	Learn how to wash and dry your hands properly.	Organise yourself for the day by collecting any items you will need for your activity.	Go for a walk. Stop every 30 steps to spot something interesting.
Practise your cutting skills. Remember to carry your scissors carefully.	Help out in the kitchen. Let us know what you make.	Teach an adult the Jolly Phonics songs.	Practise your number formation with bath bubbles, chalk or water.
Practise your cursive letter formations in the sand, mud or in shaving foam.	Play a board game to practise turn taking.	Colour in a picture carefully and give it to someone special.	Tell your family at dinner what you did today.
Use a knife and fork to cut up and eat your dinner.	Clear your plate after dinner.	Take a look out of your window. Use as many describing words as you can to tell someone what you see.	Enjoy a bedtime story. Can you spot rhyming words?
Make up an exciting bedtime story with an adult and share it with your teddy.	Make and play with play dough. Show an adult how we strengthen our fingers using finger gym.	Show off your good manners.	Build a den (indoors or out) and read a story in it.