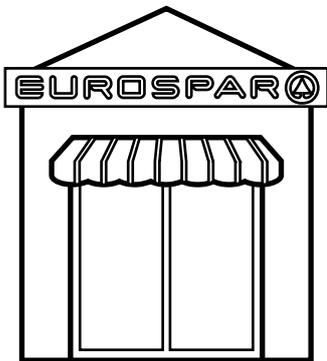


Help our delivery driver get to the shop. He's working hard to keep the shelves full!

Colour him in and show him the correct path



Fill in the blanks!

Wash your _____ to help stop the spread.

To social distance, we have to keep _ m apart.

Avoid touching your _____, _____ and _____.

Except for when you exercise, stay at _____.

Lets Make Rice Krispie Buns!

First, ask an adult to help.

You will need:

- Paper cupcake cases (about 12)
- Muffin Tray
- Microwave safe bowl
- 250g rice krispies
- 115g chocolate

Put the paper cases into the muffin tray.

Break the chocolate into pieces and ask an adult to melt it in the microwave.

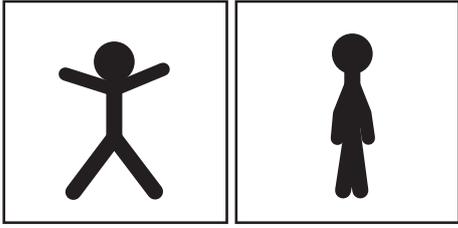
Pour the rice krispies into the bowl of melted chocolate and mix it all around!

Use a spoon to put some of the mixture into each of the paper cases.

Pop them in the fridge to cool for an hour and then they're ready to eat!

KEEP FIT

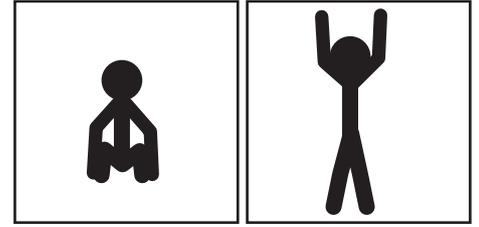
Put on your favourite song and lets get moving!



1 Do 10 jumping jacks.

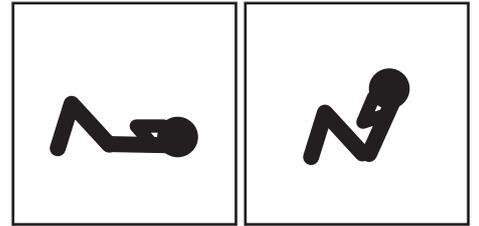
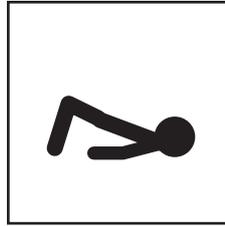


2 Run on the spot for 30 seconds.

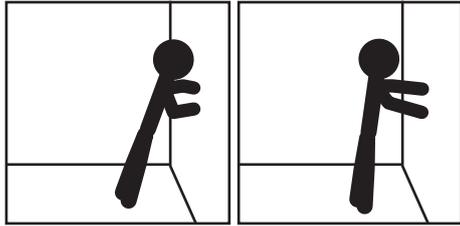


3 Touch your toes, then jump as high as you can 10 times.

5 Lie on your back, feet flat on the ground and lift your hips. Hold for 30 seconds.



4 Do 10 sit-ups.



6 Lean your hands on the wall and do 10 standing push-ups.

Do all of the exercises, then take 1 minute break and do them all again! See how many rounds you can do in 10 minutes

Mini Maths Challenge

How many clean hands can you count?

Answer:



The shop has 10 bottles of soap. 2 are bought. How many bottles of soap are left in the shop?

Answer:



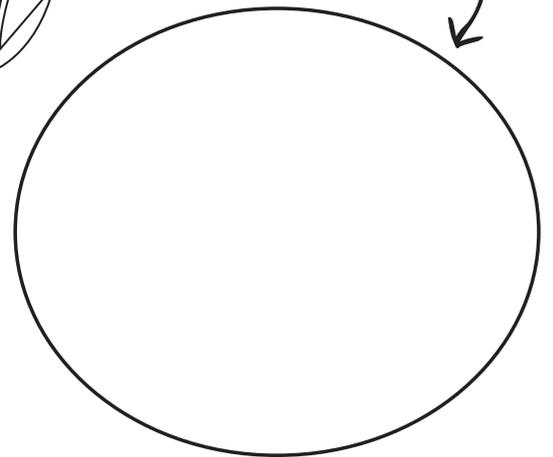
Sally and her mam are talking to granny and grandad on the computer. Dad joins in too. How many people are talking on the computer now?

Answer:



Lets Look at NATURE

What can you see from your window? Write a list or draw a picture.



When you go out for a walk can you;
HEAR birds singing?
SEE different coloured flowers?
SMELL freshly cut grass?



See if you can find something **ROUGH** (like a pine cone) and something **SOFT** (like a leaf).

