

Tîm Camau Bach Weekly Activity (4th May 2020)



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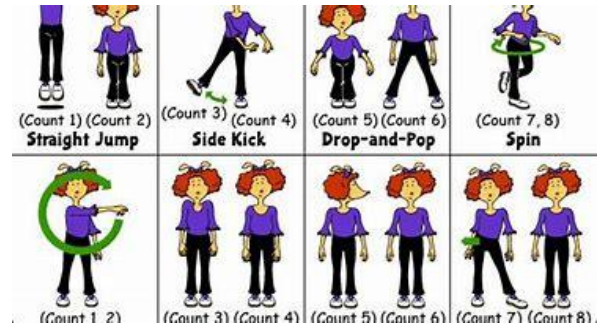


Cyngor Sir Gâr
Carmarthenshire
County Council



Start your day with: Dancing this week!

- Hip Hop dancing for beginners! YouTube. A 20 minute class!
- Zumba for kids
- Easy moves below to teach
- Younger children try Boogie Babies!! CBEEBEE'S!
- Mobility difficult for you?
- Try dancing with a big ball or balloons. Tie a balloon a piece of string or elastic and move your arms or legs to the music.
- Try putting rice in your balloons so it makes a noise when you kick it!!
- Try holding scarves and waving them to the music.
- Try floor dancing – just enjoy moving yourself to the music. Hold hands with Mum or Dad and your siblings!!



Art time!

It's sticking and collage today!

- Try writing your name and sticking little bits of tissue to form the letters.
- Try finding some pictures of your favourite things and things that make you feel happy and make a Happy picture.
- Take a picture of yourself or your family.
- Look in the mirror and see if you can copy yourself!



Make a Minecraft Collage!

Some children may prefer collage in a messy play tray like so:

- Shredded paper sensory bin. You can use letters/Numbers/ shapes/photos/objects.



Break time!

- Wash your hands before and after!
- Snacks for children and cuppa for parents!
- Snack



Time to be busy outside! (Indoor games if wet).

- Make them active!

Outdoor games (if dry!)

- Bounce on the trampoline
- Play football
- Run and jump races
- Hopscotch
- Just enjoy the fresh air and different smells in the garden
- Adults can help with these garden games.
- Homemade skittles with bottles.
- Outdoor Twister
- Chalk art



After play time!

Free play time!

Set your home up in areas with the children. Use upstairs and every room so the children can circulate around the house. Use an umbrella and hang some bits and pieces or lights to enjoy.

- Use chairs and a blanket over the top like a den
- Use the kitchen table and put a blanket over the top.
- Just think how I can make a hidey corner.

Next set out areas for your child on an old blanket or in separate corners of the house and /or rooms. It's just about making it different for the children and stimulating.

Tips

- Create a construction area
- Your art corner for drawing and colouring
- A games corner with puzzles/number games /Alphabet games/computer games.
- Imaginary play games with your child's choice of toys.



Now comes the fun part: You can earn a token for going around all the play areas. A piece of pasta, a star, (make this quick with paper and coloured pens) a sticker if you have them, anything that comes to hand easily at home. Round the stickers up at lunchtime!! How many stickers did you all get! Include your sleeves parents/carers!!!

Celebrate with a real treat for lunch!!



Wash your hands!!!

Lunch time! Encourage the children to help you. They eat more when they are helping. Fussy eaters are encouraged to try new foods!

Little owls with apples , grapes and bananas

Don't forget a nice treat as well for all those tokens you have won.

Yummy!!



Lunch over?

Out for your daily walk! Take your scooter/bike/skateboard? Do a colour walk? Who can find something red? Something blue? Take photos with your phone. Collect some leaves and sticks to make a collage. Do a sensory walk: What can I see, smell, hear, touch and how can I move as I am going along? Can I walk slow or fast? Can my wheelchair whizz round corners?

Back Home!

What can we do now?

Messy play challenge!

What to do:

Ask you friends to join in with this and their families. The challenge is to try as many messy play recipes as you can before teatime!!! Compare with your friends. Send them to your teachers to show! Take photos and videos and send them to Tim Camau Bach for our website. The more unusual ones will be posted. Get exploring the world of messy play!

Ideas below: Older children may like Science based messy play. There are so many ideas online!!!!



Younger children may like: Gloopy Recipe Pour the Cornflower into a bowl. Slowly add water stirring as you go till it becomes a thick paste. Add colouring drops at a time till you get the colour you are after

Lovely ideas on YouTube: Making edible sand with sugar and food colouring!!



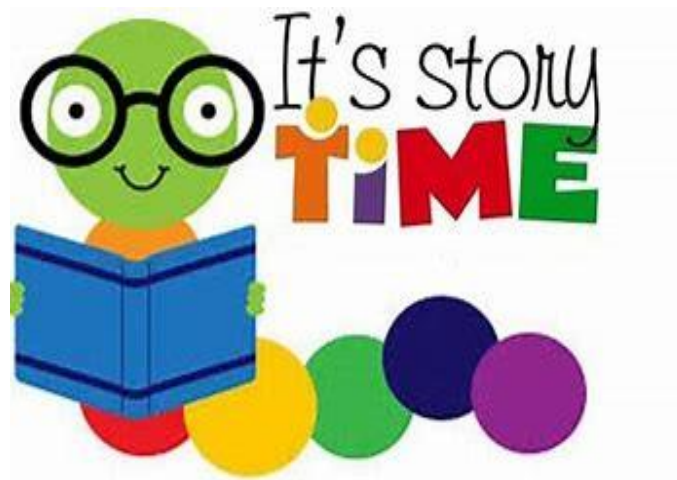
That was busy! It must be time for tea and clear up time!!



Teatime!



Finish your day with some relaxing stories



See you all next week!



Good Luck !

