Try to complete 2/3 activities a day with your child.



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what to do with your children whilst watching an episode.



- Watch <u>Aliens Love Underpants</u>
- Use the book illustrations to talk about character descriptions. Encourage children to describe the aliens, thinking about what they look like and what characteristics they might have.
- Have <u>Role-Play Masks</u> and props from the story available or these <u>Story-Themed Stick Puppets</u> available. Encourage the children to act out the story.
- Ask your child to draw their own alien and label it. CHALLENGE: Can they create a fact file for their alien using sentences? E.g. My alien lives on Mars. Ask your grown up to write this down for you.
- Task your child with designing their own spaceship. Can they describe how the machine would move?
- <u>Use this recipe</u> to make space slime. You could create a story using small world characters on the slime.
- Try this <u>Find the Alien Game</u>. Describe an alien for a member of your household to identify. Great for practising descriptive language and listening skills!
- Hide underpants around the house. Use positional language to help eachother find them.

Personal, Social and Emotional:

- Encourages children to think about the aliens' actions and how to teach them to be kind and friendly.
- Talk about how the characters in the story might be feeling.

Let's get moving:

- Astronauts have to be fit and agile for their missions into space. Ask your child to design a home workout and put your agility to the test!
- Play 'Rescue the underpants'. One person is guarding the underpants while the other is the alien trying to take them.
- Have some space-themed sound effects or music playing outside, then encourage the children to dance in pairs in this style.
- Try this 'Cosmic Kids Yoga' Space <u>https://safeYouTube.net/w/6BxJ</u>

Or for a higher energy workout, try one of these five minute workouts

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- It is important to continue to develop strength and dexterity in your children's hands. There are a number of ideas <u>here</u> so choose something that you have resources for at home.
- Encourage children to sew pieces of fabric together to make underpants! Try using different materials with coloured thread and blunt needles.
- Make papier-mache aliens, using balloons blown up to different sizes. Decorate with paper or paint, adding extra arms, legs, eyes and antennae. You could also do this to make different planets.
- Encourage children to explore mark making using their fingers or small brushes in a tray of glitter (moon dust) or shaving foam. Line the tray with tin foil. Challenge them to make lines, shapes, patterns and letters.

Get Creative:

- Use junk modelling or craft items you have around your house to create your own rocket. Toilet roll tubes are a good starting point. You could have rocket races in the garden:
 - Tie a string up at an angle or use the washing line.
 - Blow up a balloon and sellotape it to your rocket. Hold the end of the balloon but do not tie it.
 - Let the balloon go and watch your rocket fly!
- Use junk modelling or craft items you have around your house to create your own rocket. Toilet roll tubes are a good starting point. You could have rocket races in the garden:
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- Learn some of these <u>Space songs</u>. If you have any instruments at home, encourage your child to play along with the rhythm of the song. Why not dress up and put on a performance.
- Support children to create their own alien story about other objects that might go missing.
- Listen to the orchestral music of Gustav Holst in particular 'The Planets' suite. Encourage the children to create movements based on the music for each planet.

Investigate:

• Watch this recent SpaceX launch -

https://www.bbc.co.uk/news/science-environment-52855029

Discus how rockets launch, why astronauts have space suits, what will happen when they leave earth (gravity).

- Look at this <u>Space PowerPoint</u> with the children, then discuss what space is.
- Make star telescopes out of kitchen roll tubes and sticky stars. Cover one end with sugar paper and pin prick a star shape or a constellation into the end.
- Children could use large sheets of paper to draw a space map. They could draw different planets, stars, spaceships, rockets and aliens.

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- Have a selection of different materials for the children to explore, such as fabric of different textures and patterns, tinfoil, bubble wrap, plastic, cardboard etc. Encourage the children to think about and describe the different materials. Would they be good to use to make underpants for the aliens?
- Provide some capsules (crisp tubes covered in foil) for the children to put in letters, pictures and special things they think would teach aliens about us. Explain that astronauts are taking things from earth up into space in special capsules.
- In a water tray, have a variety of pants to wash and then peg onto a washing line to dry.

Developing Independence.

It is very important for your child's development that they begin to complete tasks independently. Start small and make sure that you have plenty of time so that you and your child don't feel rushed. Here are some ideas of tasks that your child can complete independently whilst at home. Choose one to focus on each day:

- Tidying up their toys – try putting some of your favourite music on while you do it. Here's the song we use during tidy up time at nursery.

https://safeYouTube.net/w/xPXD

- Create a fruit snack area. Encourage children to help wash and prepare the fruit for you to eat. Pouring their own drink.
- Getting dressed by themselves in the mornings or undressed in the evening. Find a designated place to put clothes when finished.
- Set the table and clear dishes away.
- Ask an adult how you can help for 10 minutes. Or set a timer and find something to clean, wipe, or put away until the alarm sounds.
- Choose their own activity from the suggestions above.