

# Let's Get Active

## Letter Formation

This week we are looking at the Curly Caterpillar letter family. Please watch and follow the video on the website. You will need a pencil and paper. Doing this daily will really help you with your letter formation!

### **Do a fine motor or gross motor skills activity every day!**

Choose from the ideas below or repeat a favourite from last week.

Remember that you can do each of them more than once.

Using your chalk, draw big patterns on the floor outside (lines, waves, swirls, etc.). Start at one end and walk, run, and hop on the lines.	Using your chalk, draw a road on the floor for a toy car to go along.	Using two spoons, transport objects (sweets, rice, beads, counters, etc.) from one bowl to another. How many times can you do this in a minute?
Listen to your favourite song and squeeze your playdough in time to the music.	On a piece of paper, draw a spiral. Using scissors, cut your spiral out making sure you stay on the line.	Listen to your favourite song and make a dance routine. Think carefully about your movements and try to include some balancing.