

Reception to Year 2 weekly challenges



Humankind

Choose a challenge to complete. You could also ask an adult to share your challenge on Twitter @Cornerstonesedu or Instagram @cornerstonesedu.

Chatty challenge

Phone or Skype a relative or friend with help from someone in your home. Plan some questions you'd like to ask them. If they are an older person, you could ask them about their childhood or the place where they grew up. Draw a picture of them and add speech bubbles to show the things they said.

Helping hand

Give 30 minutes of your time to help someone in your home. Make a list of the things that people say you can help with. Carry out the jobs on your list. Why not take a photo of your good deed to share with your friends or family members?

Mealtime

Help an adult to plan a menu for your weekly meals using the food in your fridge, or cupboards. Make a list of any other ingredients you need. Rate every meal out of 10. What was your favourite meal of the week? For bonus points, see if you can limit your food waste.

Family fitness

Plan and set up a circuit or obstacle course of simple exercises. Some ideas include jumping jacks, running on the spot, squats, touching your toes, bouncing a ball and hula hooping. Create clear instruction cards for each exercise with a picture. Challenge your family to a 20 minute fitness session.

Being grateful

Cut out five paper hearts. Write something you are grateful for on each heart. Share your hearts with an adult or relative. Display them and add to them every time you think of something else you are grateful for.

Familiar faces

Look carefully at your face in the mirror or the face of someone in your family. Recreate it as a drawing, painting, collage or sculpture. Remember to include the main features like eyes, ears, nose, mouth and hair.