

*Adaptable*



# Discover



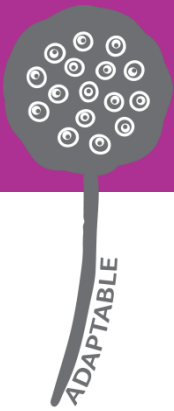
# & do

HOME LEARNING

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*Early Years  
Milepost 1*

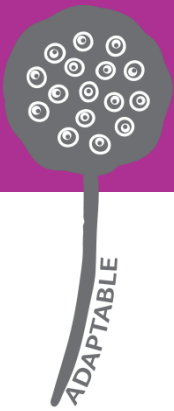
# *Adaptable*



*At iCAN we understand that different people, cultures and traditions might have different views. We are able to change our ideas sometimes, and accept that this might be necessary for the best outcomes and are confident in this ability to change our ideas.*

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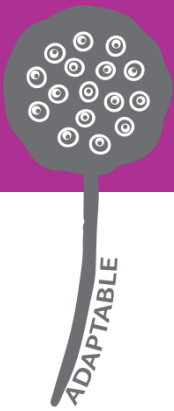
## Challenge 1: Play dough shapes

- Play dough is adaptable!
- You can stretch it, bend it and change its shape. How many different shapes can you make?
- Take photos and label each picture. For example; a ball, pancake or snake...



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## *Challenge 2: A new sporting skill*

- Be adaptable and try a new sporting skill.
- Research a sport that you haven't tried before and record doing this. It could be in the form of a video or photos.
- Did you enjoy it? Why? Why not?



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## Challenge 3: Fun with junk!

- Recycle some empty boxes/tubes/junk.
- How can you adapt them to make them into something new?



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## *Challenge 4: Doing something by yourself*

- How independent are you?
- Can you adapt and do something that you do not normally do? For example; tidy your room, dress yourself, carry your own bag or make your own breakfast?
- Take photos of you doing it and label each one.



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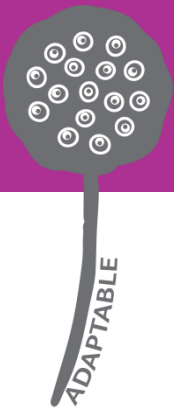


## *Challenge 5: Body shapes!*

- How many numbers or letters of the alphabet can you and your family make with your bodies?
- Take photos to show everyone!



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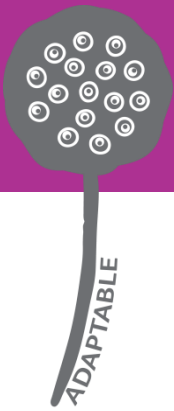
## *Challenge 6: New vegetables*

- Be adaptable with your eating habits.
- Try a new vegetable this week.
- Record your response.
- Did you like it?
- Take a photo and write about how it made you feel.





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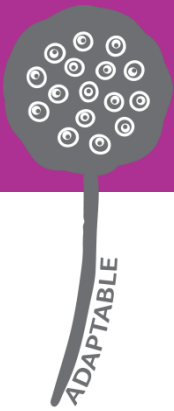
## *Challenge 7: Give up something!*

- Be adaptable and give up something you love for a week, for example; your iPad, chocolate or something else!
- How did it make you feel?
- What did you do instead?



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## *Challenge 8: Adapt a routine*

- Brush your teeth with the hand that you don't normally use so if you use your right hand, try with your left hand!
- Can someone in your family try it too?
- Was it fun?
- Was it difficult?
- Video your response or take photos and label them.



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*To inspire every child to recognise their full potential, believe they can make a difference and respect themselves, others and the world in which they live.*