

Individual Activity Lesson Plan

Date: Thursday 23 rd April 2020	
Activity Title: Let's Get Quiet.	
Learning Intention: To listen carefully, focus and co-operate.	Activity Overview: Play a range of quiet games to practise your concentration and listening skills.
Links to EYFS: Personal Social and Emotional Development & Communication and Language: <ul style="list-style-type: none"> • Can usually adapt behaviour to different events, social situations. • Can inhibit own actions/behaviours. • Maintains attention, concentrates and sits quietly during appropriate activity. 	
Equipment: <ul style="list-style-type: none"> • A soft ball. 	Key vocabulary: Quiet, loud, shout, whisper, talk, listen, concentrate, focus.
ACTIVITY IMPLEMENTATION (including key questions)	
Introduction: Listen to the story 'What the Ladybird Heard' and ask your child to find and recall the quietest animal, appearing in the book. <ul style="list-style-type: none"> • What kind of voice did the ladybird use? • Can you explain what 'to whisper' means? Talk to your child using a different volume of voice and encourage him/her to identify the way you are speaking (whispering, talking quietly, shouting, miming, etc.) Play music or make some other noise, whispering a simple instruction to your child. Ask how it made him/her feel, not being able to hear your voice?	
Main Activity: Explain to your child that you will be playing a variety of silent games. In order to do so they will need to focus and listen carefully to the instructions. You can invite siblings, another parent or carer to take part in the activity. The more the merrier. Silent Games examples: <ul style="list-style-type: none"> • <u>Chinese whisper</u> – Sit on the floor in a comfortable position and whisper a simple sentence into the person next to you ear, carry on until the sentence reaches the last person. If the number of players is low, you can add random words to the sentence to make it a bit more challenging. • <u>Silent statues</u> – Whisper a name of an animal, a profession or any other noun into your child's ear and ask to show the actions to describe it in a nonverbal way. • <u>Quiet ball</u> - Sit in a circle and throw a soft ball to a person who is the quietest. The person who makes any noise or misses her/his turn or is out of the game. • <u>Sleeping lions</u> – Lie down on the floor, close your eyes and try to be as quiet and still as possible. The person who stays in this position the longest is the winner. 	
Additional ways to support your child: Encourage your child to use the indoor voice or whisper for a longer period of time (15 min, 30 min depending on their ability).	Extension: Take your child to the garden or open the window, ask them to close their eyes and listen carefully. Ask your child what sounds they can hear/identify? You can even encourage them to draw the pictures representing different noises/sounds.