**Unit 2 Development and well-being 0-5 years**

**Assignment D5**

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| **Name:** | **CACHE Pin No:** |
| **Start Date:** | **Hand-in Date:** |

**Assignment D5 is worth 5 marks**

**Describe TWO (2)** everyday activities which promote independence.

**For this assignment:**

* Complete **TWO (2) Activity Plans** and **MAKE TWO (2) activities / games** which support the care needs of children and promote their independence.

Choose activities that support TWO of these basic care needs:

1. Sleep and rest
2. Physical activity (exercise)
3. A balanced diet and water (healthy eating/mealtimes)
4. Getting dressed and suitable clothing for the weather
5. Personal hygiene – toileting and handwashing to prevent infections
6. Personal care of hair, teeth and skin

**First complete TWO (2) Activity Plans of your chosen activities/games using the template below.**

*(Remember to plan activities that relate to and will support children’s understanding and independence of the basic care needs).*

**Activity Plan ONE (1)**

**My first activity is: ………………………………………………….**

**Which basic care need does this activity/game support: ………………………**

**Age group the activity is suitable for: ……………………………………………….**

*(6 months-1 year/1-2/ 2-3/ 3-4/ 4-5 )*

**List the resources needed to make the activity: …………………………………….**

**Describe the activity/game you have planned:**

For this activity the child will support children’s understanding of ……………………

This activity would be suitable for a group of up to ………………. children

*(3 / 4 / 5 or more children)*

They will learn \*how to / the steps / the importance of …………………………………..

**How will this activity promote children’s independence?**

It will help them to ………………………………………..

I will ask the children to \*sit in a circle / sit at the table / work outside and my role will be to show and/or talk to them about ………………………………..

The activity can be done indoors or outside and will benefit the children’s wellbeing as it is fun / calm / help them relax / breathe / feel fit / healthy and understand about their ………………………………….

The resources needed to do this activity are ………………………………….

The language the children will learn will include ……………………………….

The skills the children will learn are …………………………………

Overall this activity will be fun/interesting/exciting …………………

My role is to keep the children safe, helping them to learn and be independent with ……………………….

Safety I need to consider is …………………………………………………………….

**Now create your activity / game and attach to this activity plan**

**Activity Plan TWO (2)**

**My second activity is: ………………………………………………….**

**Which basic care need does this activity/game support: ………………………**

**Age group the activity is suitable for: ……………………………………………….**

*(6 months-1 year/1-2/ 2-3/ 3-4/ 4-5 )*

**List the resources needed to make the activity: …………………………………….**

**Describe the activity/game you have planned:**

For this activity the child will support children’s understanding of ……………………

This activity would be suitable for a group of up to ………………. children

*(3 / 4 / 5 or more children)*

They will learn \*how to / the steps / the importance of …………………………………..

**How will this activity promote children’s independence?**

It will help them to ………………………………………..

I will ask the children to \*sit in a circle / sit at the table / work outside and my role will be to show and/or talk to them about ………………………………..

The activity can be done indoors or outside and will benefit the children’s wellbeing as it is fun / calm / help them relax / breathe / feel fit / healthy and understand about their ………………………………….

The resources needed to do this activity are ………………………………….

The language the children will learn will include ……………………………….

The skills the children will learn are …………………………………

Overall this activity will be fun/interesting/exciting …………………

My role is to keep the children safe, helping them to learn and be independent with ……………………….

Safety I need to consider is …………………………………………………………….

**Now create your activity / game and attach to this activity plan**