



## EYFS/KS1 Home Learning

### Medical Heroes rubber band game

#### Activity 1

##### Things you will need

- Play figures of medical heroes/ equipment (this could be dolls, Lego figures, role play toys such as a stethoscope etc.)
- Elastic bands



All equipment can be swapped for something else that is similar based on what you have at home.



##### Activity

Your Medical Heroes are working hard to keep you safe and happy. Show them some love with this simple and fun elastic band activity.

This activity is to practice fine motor skills and grip. It encourages children to be creative and use materials to celebrate and learn about their medical Heroes. Please encourage the pupils to collect their own equipment where possible.

1. Gather as many medical hero toys as you can find in your house. This can be figures, Lego pieces, role play toys etc.
2. Wrap some elastic bands around your toys, use as little or as many as you want. Maybe you could start with a few and build up to more as you play.

3. Now it's time to free your medical heroes by removing and untangling the elastic bands!

4. Maybe you could time how long it takes to free your heroes or add an extra challenge by hiding your heroes first.