

Coltale's Top Tips

QUESTION: Should I engage with my child during screen time?

ANSWER: Yes, ask them questions to help you engage with your child whilst they play.



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December 18th is BBC Sports Personality of the Year. So, Coltale's been reading "Busy Day: Athlete" by Dan Green.

Talk about doing the long jump and diving into the pool.





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DID YOU KNOW?

The BBC Sports Personality Award, running since 1954, annually celebrates UK sporting achievements with winners voted by the public.

The show now involves multiple awards, including Team of the Year (public vote) and Unsung Hero.

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*Fun
activity*

Set up a mini obstacle course with pillows and chairs. Use words like crawl, jump, and balance.



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**GET
ACTIVE**

Play a simple game of "Kick and Catch." Kick a soft ball and try to catch it outside