












Home Learning

Personal, Social & Emotional Development	Communication & Language	Physical Development	Literacy	Mathematics	Understanding the World	Expressive Arts & Design
<p><u>Breathing exercises</u></p> <p>Learn some simple techniques to help regulate breathing.</p> <p><u>Balloon breaths</u> Place your hands near your lips, as if you are going to blow up a balloon. Inhale deeply and on the exhale (through your mouth) expand your hands outwards, as if you are blowing up a giant balloon. You can find more exercises here: www.copingskillsforkids.com</p>	<p><u>Sound Walk</u></p> <p>Go for a walk or sit in the garden. What different things can you hear? Can you write a list (words or pictures) of all the different things you can hear? What makes the noise? Discuss this.</p> 	<p><u>Our Healthy Year</u></p>  <p>Visit Change 4 Life and access their 'Healthy Year Calendar' packed with activities to inspire children to eat well and move more! file:///C:/Users/Home/Downloads/Our_Healthy_Year_Calendar_Reception_and_KS1.pdf</p>	<p><u>Treasure Map</u></p> <p>Create a treasure map using paper and felt tip pens. Rip the edges to make it look authentic. Can you draw different items, places or landmarks on your map? Then have a go at labelling them.</p> 	<p><u>Measuring sticks</u></p> <p>Go into the garden, to the park or for a walk and collect a range of sticks of different sizes. Can you order them according to their size?</p> <p>How many sticks did you collect altogether? Can you count them all? Lay them out in a row to help you.</p> <p>Then choose one stick and use it to measure the different members of your family.</p>	<p><u>Push the button</u></p> <p>Learn how to use different technology (old and new) around the house, with the help of a grown-up.</p> <p>Can you use a...</p> <ul style="list-style-type: none"> • Remote Control • Music player (CD, Radio) • Alexa • Torch • Video game • Microwave • iPad 	<p><u>Cardboard castle</u></p> <p>Collect different sized boxes, tubes and containers. Can you make a really impressive castle, village or design of your own?</p> 
<p><u>Tidy the garden</u></p>  <p>Help to rake or brush up any leaves from the grassed or patio areas of your garden. Use a damp cloth and soapy water to clean any window sills or garden ornaments. Pull up any weeds or help to trim back plants or bushes with parental supervision.</p>	<p><u>What am I?</u></p> <p>Draw pictures of animals and different people (e.g. pirate, baby, queen, policeman) on small pieces of card. Take turns to pick a card and have a go at acting it out for others to guess what or who you are.</p> <p>Try to do it with no words or noises to begin with, but if nobody can guess correctly – add in some verbal clues.</p>	<p><u>Ribbon dancing</u></p> <p>Use some ribbons or cut old material into strips. Twirl them as you move and dance around to music! Make sure you combine different movements. Twist and turn. Jump and leap. Crouch down low and stretch up high.</p> 	<p><u>Active words</u></p> <p>Write some letters on the path or patio with chalk or alternatively on pieces of paper and place them on your floor in a room with some space. Can you jump, hop or skip to each letter whilst shouting it out? Try to make some 3 letter words by moving between them in the correct order, as you say each sound and then blend them together to make a word. Is it a real word or not?</p>	<p><u>Baking</u></p> <p>Help to make a healthy snack such as flapjacks or a sweet treat such as scones. Make sure you help with weighing and measuring the ingredients. Read the numbers and units on jugs, scales and measuring spoons.</p> <p>Some simple kids baking recipes can be found here: https://www.bbc.co.uk/food/collections/baking_with_children</p>	<p><u>Grow a rainbow</u></p> <p>Fold a piece of kitchen roll in half. Using washable felt pens, colour both ends in blocks (symmetrically). Next get 2 cups of water and submerge each end into the cups. Watch your rainbow grow!</p> 	<p><u>Hokey Cokey</u></p> <p>Learn how to do the 'Hokey Cokey'. Listen to the different movement instructions in the song and join in when you can.</p> <p>There are lots of other songs with gross motor actions such as the Macarena, Cha Cha Slide, YMCA or the Birdy Song. Learn as many as you can whilst keeping fit.</p> <p>Perhaps you could create your own action song!</p>
<p><u>You are special</u></p>  <p>Draw a picture of yourself and then ask everyone you know to write words or sentences to describe what makes you marvellous! What are your best qualities? What are you good at? What makes you special?</p>	<p><u>Tongue twisters</u></p> <p>Have a go at reciting some well-known tongue twisters. How fast can you do them correctly? For example:</p> <p>Red lorry, yellow lorry...</p> <p>Peter Piper...</p> <p>She sells sea shells...</p> <p>I scream, you scream...</p>	<p><u>Cotton bud colours</u></p> <p>Use cotton buds and different coloured paints to create a painting. You could make a dotted picture (pointillism)! You will need to really concentrate and take your time to make small dots. Once you have created your masterpiece, experiment with different techniques – drag or slide the cotton bud or try splattering the paint on to paper. Make a messy picture if you want!</p>	<p><u>Now Press Play</u></p>  <p>This is an exciting interactive story session, used by many schools. You can access a free home learning experience of Jack and the Beanstalk. Grab your earphones and listen along here... www.nowpressplay.co.uk/at-home-free/#Jack_and_the-beanstalk</p>	<p><u>What's my number?</u></p> <p>Knowing and being able to recall a parent's phone number is a really important skill. Try hard to learn it off by heart. Can you write it down? Break it down into chunks to make it easier.</p> 	<p><u>When I grow up</u></p> <p>Speak to lots of different relatives and family friends about their jobs. Find out where your grandparents or great grandparents worked.</p> <p>Listen to the story 'When I grow up' By Tim Minchin (Inspired by his song from Matilda the Musical). https://www.youtube.com/watch?v=uNQOzY_nPFM</p> <p>What do you want to be when you grow up??</p>	<p><u>Pet portraits</u></p>  <p>Get your coloured pencil, pens or paints and have a go at painting a portrait of your pet! If you don't have a pet, you could paint a soft toy instead.</p>