

## Willow Class - Reception: Home Learning

### Week beginning 4<sup>th</sup> May

This information can also be found on our website [www.tedburn-st-mary.eschools.co.uk/](http://www.tedburn-st-mary.eschools.co.uk/)

Subject	Key Learning	Extra resources
<b>Reading</b>	Children to read their reading books for 10 minutes every week day and have a least one story read to them every day by an adult. You can talk about the story, characters, setting and discuss what the children liked/disliked about the book too.	<a href="https://www.oxfordowl.co.uk/for-home/">https://www.oxfordowl.co.uk/for-home/</a> For some of the books there are activities to do after the story has been read, this has been motivating some children to read more! Username: tedburn1 Password: Ted1
<b>Phonics</b>	There are lots of interactive games on <a href="https://new.phonicsplay.co.uk/">https://new.phonicsplay.co.uk/</a> just use the free username (march20) and password (home) that will support your child's phonics, some games only work on a PC or laptop others work on a tablet too. Another useful website is: <a href="https://www.phonicsbloom.com/">https://www.phonicsbloom.com/</a> Some favourites we use at school are Rocket Rescue and Buried Treasure. Alphablocks are also a fun way to keep phonics ticking over and there are many clips on You Tube, this one focuses on the names of the letters and phase 3 sounds: <a href="https://m.youtube.com/watch?v=s7LjGDcXqcs">https://m.youtube.com/watch?v=s7LjGDcXqcs</a> Keep going with the worksheets sent home before Easter if you have not completed them all!	
<b>Handwriting</b>	Use the home school books to practice writing letters of the alphabet correct, start with 'a' and work your way through the alphabet, learning the name (not the sound) at the same time. Do some activities that will strengthen fine motor skills; ideas could be building with Lego, using tweezers to pick up and sort buttons or other small objects, there are lots of ideas on line.	
<b>Maths</b>	There are some fun activities for Early Years on White Rose Maths, these activities take a cross curricular approach and build up through the week which is great. Each week they are based on a different book; which I know many of you won't have, but luckily they are on You Tube! Just search for the name of the book, but it would be sensible to watch the clip yourself before watching with your child just in case! Feel free to adapt the activities to match your child's interests and start with which ever week you fancy! <a href="https://whiterosemaths.com/homelearning/early-years/">https://whiterosemaths.com/homelearning/early-years/</a>	Other maths activities will be put on a separate attachment and on Tapestry for children to have a go at with you.
<b>Knowledge and Understanding of the World</b>	<b>Week 1:</b> Can you draw, name and label a trees? When labelling make sure you have identified these parts of a tree: leaves, blossom, trunk, branch, roots.  <b>Week 2:</b> When you are out for a walk, look at the different trees you can see. Collect a leaf from each of the different trees. How are the leaves different/the same? Look at the shape/colour/size. Can you identify the name of the tree? You could make a list of the trees you find and draw the leaf next to the name. You could keep adding to the list if you go on different walks and see how many different types of trees you spot.	<a href="https://www.bbc.co.uk/bitesize/clips/zf62tfr">https://www.bbc.co.uk/bitesize/clips/zf62tfr</a> How the changing seasons affects apple trees  <a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/</a>
<b>JIGSAW -</b>	<b>Week 1:</b> Greetings - to be confident in saying what feels good or not to them	

<p><b>Relationships</b></p>	<p>Read the book 'Hug' by Jez Alborough (<a href="https://www.youtube.com/watch?v=zM6cEwe1f5s">https://www.youtube.com/watch?v=zM6cEwe1f5s</a>) and talk about the feelings that we get from having a hug. When might we ask for or give a hug? How does it make you feel when you have a hug from your mum/dad/grandparent/friend?</p> <p>Using a 'feely bag' add different items one at a time for your child to feel with looking! (e.g. rock, pine cone, teddy, key, smooth material, cotton wool, ball of wool, plastic toy, sand paper) Give your child the experience of different textures and explore vocabulary which can be used, e.g. hard, soft, warm, cold, cuddly, rough, smooth. Encourage your child to identify those that they like and those that they dislike. The aim of this activity is for children to be confident in saying what feels good or not to them.</p> <p>They could draw a picture of themselves having a hug and add some feeling words around the drawing.</p> <p><b>Week 2:</b> Being My Own Best Friend - recognise my qualities as a person and a friend; to know ways to praise myself</p> <p>Watch this trailer for the film 'The Incredibles 2' (<a href="https://www.youtube.com/watch?v=i5qOzqD9Rms">https://www.youtube.com/watch?v=i5qOzqD9Rms</a>) Discuss what they think 'Incredible' means. Conclude that being incredible doesn't mean being extraordinary but being the best we can be.</p> <p>Share the photos of children being the best they can be and ask your child to identify how each child is 'incredible'. (on school website home learning page for Willow Class) Try to encourage your child to say: 'I think the child is incredible because...'</p> <p>Ask your child to draw a picture entitled 'The Incredible Me'. Underneath it ask them to complete the sentence 'I am incredible because...'</p>
<p><b>Topic</b></p>	<p>Use the ideas below to link with the school topic theme of Journeys. Please adapt, change or link them with home learning that you may be doing with other siblings.</p>

## Enhanced Learning activities

Choose some of these activities to add variety to your learning

<p style="text-align: center;"><u>PE</u></p> <p>Why not try some Yoga over the next couple of weeks!</p> <p>The Very Hungry Caterpillar - A Cosmic Kids Yoga Adventure!  <a href="https://www.youtube.com/watch?v=xhWDiQRrC1Y">https://www.youtube.com/watch?v=xhWDiQRrC1Y</a></p> <p>Moana - Join Jaime on a journey to Motunui; in yoga poses!  <a href="https://www.youtube.com/watch?v=5y3gCrL_XIM">https://www.youtube.com/watch?v=5y3gCrL_XIM</a></p> <div style="display: flex; justify-content: space-around;">   </div>	<p style="text-align: center;"><u>History</u></p> <p>Look at some images of old, new and modern trains. How have they changed over time?</p> 	<p style="text-align: center;"><u>Art</u></p> <p>Have a look at the work of Andy Goldsworthy  <a href="https://www.bbc.co.uk/bitesize/clips/zs87tfr">https://www.bbc.co.uk/bitesize/clips/zs87tfr</a></p> <p>Go on a journey yourself outside and try creating your own art outside.</p> 
<p style="text-align: center;"><u>English</u></p> <p>Watch the short video clip -  <a href="https://www.literacyshed.com/onceinalifetime.html">https://www.literacyshed.com/onceinalifetime.html</a></p> <p>Where do you think the turtles are taking the man? Search for fantasy places on google images. Choose your favourite image, print it out (if you can) or draw it. Then write some words describing the fantasy place. Remember to use all of your senses to think of adjectives; what does it smell/look/sound like here?          Let your imagination run wild!</p> 	<h1 style="writing-mode: vertical-rl; transform: rotate(180deg);">Journeys</h1>	<p style="text-align: center;"><u>Design &amp; Technology</u></p> <p>Design and make a marble run.</p>  <p>Can you improve/adapt your design to make the marble run faster/further?</p>
<p style="text-align: center;"><u>Music</u></p> <p>Listen to John Adams: Short Ride in a Fast Machine - BBC Proms 2014  <a href="https://www.youtube.com/watch?v=5LoUm_r7It8">https://www.youtube.com/watch?v=5LoUm_r7It8</a></p> <p>Can you name any of the instruments you can see and hear? If you could choose one of these instruments to play, which one would it be and why?</p> <p>What sort of a 'fast machine' does this music remind you of and why?</p> <div style="display: flex; justify-content: center; gap: 10px;">             </div> <p>Can you listen to any other music that reminds you of a journey?</p>	<p style="text-align: center;"><u>Mindfulness</u></p> <p>Each day try one of the 5 mindfulness activities that are attached below.</p>  <p>Which one did you enjoy the most?          Which one made you feel the calmest?          Can you think of any other activities you can do to help you feel calm?</p>	<p style="text-align: center;"><u>Geography</u></p> <p>When you next go out on a walk can you draw a map of your journey? You could add lots of different things of interest on it and if you do the same walk more than once you could build it up. Use your senses to help you.</p> <p>Can you add any trees you have identified?          Can you go on a listening walk and mark on the map what you can hear?          Can you do a smelling walk and draw what you can smell?</p> <p>What do different things feel like when you touch them? (Be careful with this one!) Draw them and add some words to describe it.</p> 

# 5

## Five MINDFULNESS ACTIVITIES for children

by Big Life Journal

### 1

#### "JUST ONE BREATH" BREATHING ACTIVITY

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.



### 2

#### CREATE A GLITTER JAR

- Finding a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.



### 3

#### HEARTBEAT EXERCISE

- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



### 4

#### GOING ON A SAFARI

- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



### 5

#### TENSE AND RELEASE MUSCLE RELAXATION

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.

