**Reception Home Learning – Week beg 1.6.2020 Focus: Our bodies and minds**

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| **Literacy** | | **Topic** |
| Write a sentence starting with “I feel happy when....”  Write a sentence starting with “I feel sad when.....”  Write a sentence starting with “I feel nervous when.......”  Write a sentence starting with “I feel angry when.....”  Can you extend your sentences and explain why they make you feel that way? You could make these into your own feelings book with a front cover that includes a title the author (you) and a picture.  Practise reading and spelling the following tricky words: I, no, go, to the, into, he, she, we, be, me, you, all, are, her, my, was, they. Write an interesting sentence using at least one of them eg “**I** went **to the** park” or “**We are** going **to the** shop.”  Write an A-Z of things that make you happy eg A – Art and crafts, B – beach days, C – cars movie, D – dancing, E – eating, F – family etc  Read the words and sentences below. Can you underline the digraphs, trigraphs, common exception words and circle the punctuation?  Keep practicing your phoneme flashcards can you make some words with them what is the longest word you can make? | | Using a roll of leftover wallpaper or, if not, some chalk on the pavement, draw around your child. Talk to your child about the parts of the body, asking them which ones they know first. Use the song heads, shoulders, knees and toes to remind them of some of the parts. If your child is a confident writer, perhaps ask them to have a go at applying their phonics to label the body themselves. Perhaps they may just be able to write the initial sound?  Talk to your child about “finding their brave” and the importance of being brave during these changing times. Discuss the importance of looking after their mental health, which is all about how we are feeling and the thoughts we are having. Create a mind map together of things you can do to ensure you maintain a healthy mind. These could include: drinking lots of water, getting enough sleep, finding time to relax, talking about how you feel, spending time together as a family etc  How are you feeling?  Divide a piece of paper in half. Draw a smiley face on one half and a sad face on the other. Draw pictures to show what makes you happy and what makes you sad. Talk about why the things you have drawn make you feel happy or sad, and if they make you sad, what could be done to make them happy?  Discuss what qualities makes a good friend. This could be someone who is kind and caring or someone who is helpful and shares or someone who is a good listener.  Every day, carry out a “daily act of kindness”. Ideas could be:   * Telling someone you love them * Giving someone a hug * Paying someone a compliment * Feed the birds * Help make dinner * Make your own bed * Leave a happy note for someone to find * Make a card and give it to someone to make them feel special * Pick up some litter * Tell someone 3 things you like about them   Lie with your back on the floor and place a soft toy on your tummy. Breathe in and out slowly and deeply and try to concentrate on the way your toy rises and falls with your breathing.  Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard or discuss them with an adult. |
| **Maths** | |
| This week we are **Halving and sharing**  Your child will halve quantities by **sharing** items into **2 equal groups**.  Talk about their experiences of sharing and encourage them to talk about when groups are **fair** and **unfair**. This distinction between fair and unfair sharing can be used to emphasise the idea of **half as being 1 of 2 equal parts**.   * Show your child a bowl of strawberries or grapes. Explain that you are going to **share them into 2 equal groups** so there will be **half for you** and **half for them**. Put a handful straight onto each plate without counting- make sure 1 plate has more than the other. Ask your child if that is **fair**. Prompt them to show you how to share the strawberries/grapes fairly.     See if you can record your answers  Eg, 2 lots of 6 is 3 Half of 6 is 3     * Provide opportunities to share quantities into groups fairly. Eg sharing out cards or dominoes at the start of a game. * Share out building bricks so you and your partner have the same amount. * Share out small world animals into 2 fields.      * Have a teddy bears picnic. Provide 2 teddy bears, 2 plates and small even quantities of loose parts to represent different food items. Ask your child to share out the items so that each teddy gets the same. What will happen if another teddy joins the picnic?      * Have some pictures ready to show your child. Some will show **equal** groups and some will show **unequal** groups. Ask your child to **discuss and sort** the pictures. They might want to make their own examples of **equal** and **unequal** groups to sort.     Once your child can **confidently** halve small quantities they can explore sharing between 3 or 4 people. They will notice that sometimes there are items are left over and may come up with their own suggestions for how to resolve this.   * At snack time provide your child with opportunities to **share into equal groups**. Challenge them to **share food fairly between 3 or 4 people**. How could you do this? Draw your plates and show how you shared your food fairly, you could write the numbers on the plates or write as a number sentence.   Eg, 8 = 2+2+2+2 8 is 4 lots of 2 4 plates of 2 is 8  Stories-  The doorbell rang –Pat Hutchins  Bean thirteen – Matthew McElligott  Daily activities on – www. whiterose/home learning | |
| **Physical Development** | | **Expressive Arts and Design** |
| Gross Motor:  This week we want to get your body active and to look after your mind. (Mindfulness)  Here are a few activities to help-  (we use these in school)  <https://family.gonoodle.com/activities/agility>  <https://family.gonoodle.com/channels/zumba-kids>  <https://family.gonoodle.com/activities/lets-unwind>  <https://family.gonoodle.com/activities/from-mindless-to-mindful>  <https://family.gonoodle.com/activities/melting>  <https://family.gonoodle.com/activities/rainbow-breath>  Talk to your child about the activities Mrs Moore has taught them to help them keep their mind healthy. See if they can show you-  Palm press  Finger/ shoulder rub  Hug yourself  Deep breathing with 1 hand on your heart and the other on your tummy.  Search for children’s yoga on you tube. Find one you like and do it at home.  Create your own fun game which involves at least one physical action e.g. jumping, hopping running. Can you involve your family in it maybe turn it into a competition where you have to keep scores? | Fine Motor:  Chop up some drinking straws into small parts. Thread them onto string to make a bracelet or necklace.  Wind pipe cleaners around twigs to make mini snakes or wriggly worms  Use finger paints to make a finger print picture or collage  Help Mummy to hang out the washing. Practise putting the pegs on to keep the clothes in place.  Sort some loose change into colours and then have fun posting them into a piggy bank or money box. If you don’t have a money box improvise by cutting a slit into an empty cereal box.  Practise doing up zips. How quickly can you out on your jacket and do up the zip? Can you challenge yourself to beat your time if you had a second go? Or a third?  Use your thumbs and fingers to make a playdough meal | Draw or paint a self portrait and write positive words about yourself around your picture eg kind, confident, happy, caring, considerate, polite, funny etc. If your child is unable to write the words themselves, they can orally say them for an adult to write.  Take your pencil for a walk around a plain A4 piece of paper, creating different lines, shapes and spaces. Move forwards, backwards, side to side, in circles and zig zags. Shade the different spaces in lots of bright colours and you will have created your own mindfulness masterpiece!    Make a **“Things to look forward to”** jar. Save an empty jar and think of things you are looking forward to doing when things return to normal. Write them yourself, or an adult can write them for you on either a post it note or small piece of paper and fold them up and pop them inside the jar. When you feel sad, open the jar and read one of them and think about the time you will be able to do whatever is written on the paper. You might be looking forward to having a sleepover at nannies or going to the park or crealy, or playing your favourite sport, going swimming etc. Decorate the outside of your jar. You could use buttons or ribbons, stickers or even glitter to make it really jazzy!  Listen to your favourite piece of music or pop song that makes you feel happy and brings a smile to your face. Can you make up a happy dance to go with that song?  Paint or draw a picture of your family doing something that you all enjoy. |

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| Regular word reading | Sentence Reading |
| sleep  football  feel  thigh | I brush my teeth in the morning and at night. |
| tennis  teeth  press  finger | I like to run and jog in my garden. |
| feelings  chest  darts  swimming | I feel sad when I fall over and hurt myself |
| back  think  fishing  ping-pong | You must have a good sleep at night. |