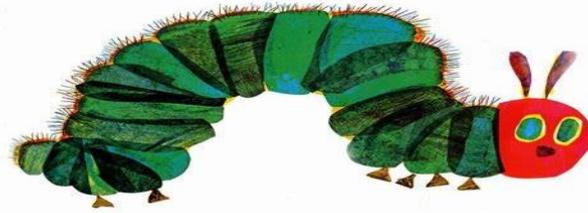




HOME LEARNING

(The Hungry Caterpillars)



DATE 8th June 2020

A message from Mrs Terrell

"Hello" again to all the Hungry Caterpillars at home! I hope that you are all happy, busy and having fun with your family.

It's June now and in this month the season changes from Spring to Summer. This week our learning is based on the new season of Summer.

There are activities for you to do with family members at home in this week's planning grid below.

Enjoy your home learning this week. We miss you and look forward to finding out what you have been doing.

Mrs Terrell and Miss Dallamore

XXXX

Ongoing daily activities

Reading

Mrs Terrell and Miss Dallamore would like you to continue to enjoy books daily on your own or with someone else.

For support with sharing books you can access resources on our school website. [Click on the 'Our Curriculum' tab then click on 'Reading Information'](#).

World Book Online have made over 3,000 books available!

PHONICS

Mrs Terrell's group (FROGS)

WATCH RUTH MISKIN'S PHONICS LESSONS ON YOUTUBE

Please carry on recognising your Speed Sounds every day, so you do not forget them!

Keep practising writing them correctly using the little phrases, such as 'round the flower, down the stem and across the leaves (f),' and 'down Maisie, up Maisie, mountain, mountain (m)!'!

Keep 'Fredtalking' throughout the day.

Can you choose a letter sound and look for it when you are out and about with your family (on signs, posters, road names etc?) Ask a family member to choose some simple 3 and 4 letter words for you to read and write using your phonics skills. E.g. s-w-i-m, swim!

Can you write a list of Summer themed words?

hot

sun

tan Have a go! You c-a-n, can do it!

Miss Dallamore's group (TADPOLES)

Activity 1 - Play the game 'I hear with my little ear'. Take it in turns to imitate the sound of something and guess what makes the sound. You could imitate the sounds of things found around your house like a clock, a telephone or animals like a cat or dog.

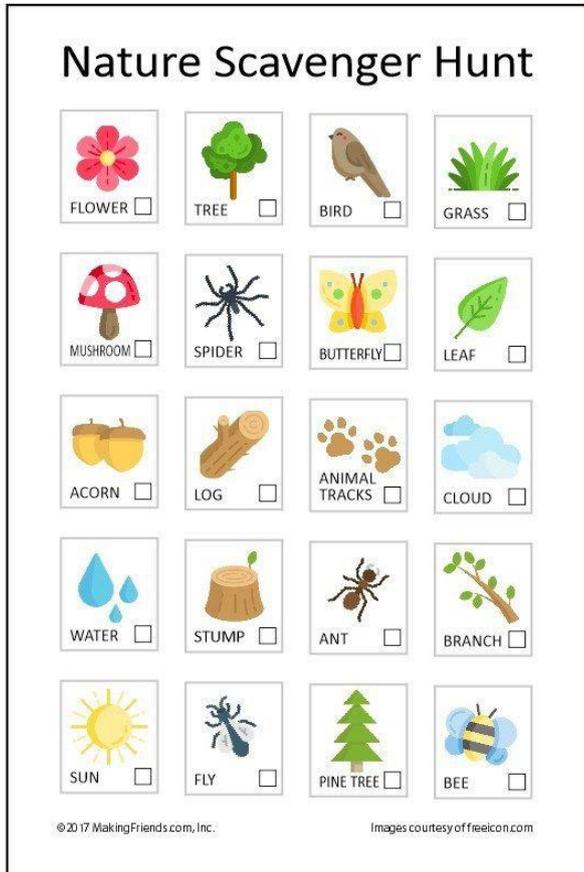
Activity 2- Try making some different voice sounds to show different feelings and emotions e.g. 'oh!' when surprised, 'mmmm' when eating something yummy and 'sshh' when trying to be quiet. What sound do you make when you on a swing?

This week's learning activities to complete are outlined below.

Have fun!

Personal, Social and Emotional Development

Can you and your family work together in a team to complete a Summer nature scavenger hunt when you go out for a family walk?



Physical Development

Fine Motor

Place an elastic band / hair bobble around tips of fingers and thumb. Challenge-Open and close it 10 times with each hand. (to strengthen fingers/hands)

Gross Motor

Ball skills

Can you pretend you are on a beach on holiday and practise your ball skills with a (beach) ball?

Practise throwing, catching and kicking. You could play 'Piggy in the Middle.'

Health and Self Care

Please keep remembering to wash your hands really well with soap and count to 20!

Communication and Language

(also see EAD)

Can you talk to your family about going on holiday in the Summer and discuss the answers to these questions

Can you remember your favourite holiday? Why was it your favourite? How did you get there? Where did you stay? What did you do? If you could go anywhere in the world where would it be? Why?

Literacy (Reading)

Can you learn our Summer term poem from 'The Poetry Basket' with the help of your family?

Under a Stone

Under a stone where the earth was firm,
I found a wiggly, wiggly worm.

"Good morning," I said.

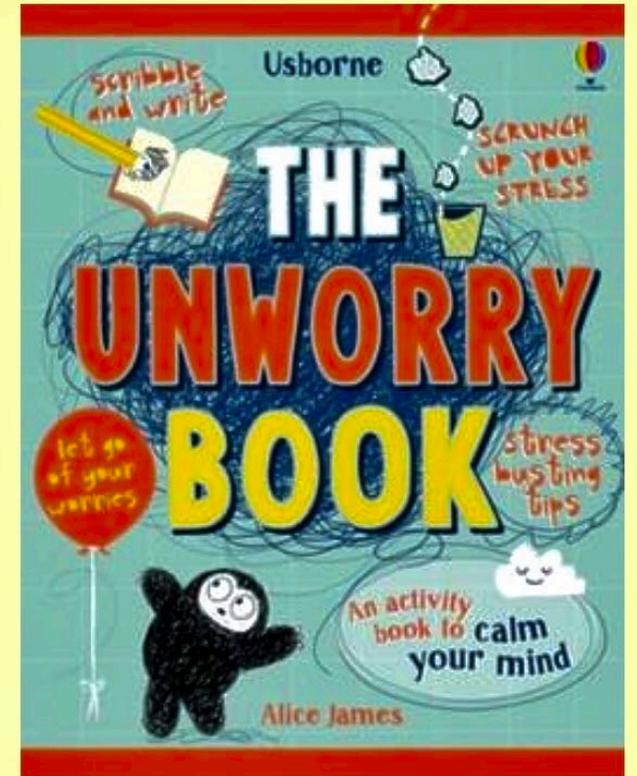
"How are you today?"

But the wiggly worm just wriggled away!

<p>Literacy (Writing) (Also see E.A.D.)</p> <p>Can you make travel tickets/ passport for going on holiday? You will need to write appointments in the Travel Agents appointment book</p>	<p>Mathematics</p> <p>SHAPES</p> <p>Can you look for shapes when you are out and about with your family? Can you spot square windows, triangle and circle road signs? How do you know it is a circle, oval, triangle, square, rectangle or pentagon? Do not forget to use words like 'straight', 'curved', 'sides' and 'corners.' There are resources available for this week's maths learning at: https://whiterosemaths.com/homelearning/ Click on the Early Years group to access the lessons.</p>
<p>Understanding the World</p> <p>When you go on your Summer nature scavenger walk talk about what you can see in the world around you. Ask questions about the animals and trees you can see. Talk about the plants and animals that interest you and patterns you can see. Talk about how things, like flowers or buildings look the same or look different.</p> <p>Technology</p> <p>Use Google or Alexa to find out more about the season of Summer. What happens to trees and animals in Summer?</p>	<p>Expressive Arts and Design</p> <p>Keep singing Nursery songs and rhymes every day!</p> <p>ROLE PLAY</p> <p>It is Summertime and we are thinking about our Summer holidays! We will not be going on a plane on holiday this year, but you can pretend to go on holiday WHEREVER you like! Can you set up a travel agents with your family? You will need to book a holiday, get tickets and a passport. Can you find a suitcase and do some packing? When you are ready you can go on holiday! I wonder where you will go...</p> <ul style="list-style-type: none"> • Collect things on your Summer nature scavenger walk and use them to make a nature collage.

The Unworry Book

*All of the above activities are taken from **The Unworry Book**, an inspiring toolkit full of things to calm you down and places to put your worries. Written with the help of a psychologist, there are links to websites for tips, advice and support too.*



UNWORRY ACTIVITIES

PEACEFUL PENCILS

Psychologists often recommend a technique called **MINDFULNESS** for anyone who might be worrying.

Mindfulness is all about focusing on small details in the here and now. Colour in this pattern, and as you do, only think about the things you can feel, hear and smell, right now. Go slowly, and deliberately, and take time to wrap yourself up in it.

Listen to the sound the pen or pencil makes as it brushes across the paper.

Notice the glistening wet ink of your pen, or the grain of the paper as your pencil draws across it.

Smell the pages of the book.

Feel the ridges of your pencil, or the plastic barrel of your pen.

Smell the wood of your pencil, or the ink of your pen.

Feel the textures of this page under your fingers. Does it feel warm, or cool?

UNWORRY ACTIVITIES

It can be really helpful to think about your worries as a character, completely separate from yourself. Psychologists call this unworry technique **EXTERNALISING**.

Use the space below to design a 'what if' creature. Whenever a worry pops into your head, just imagine the creature and tell it to go away, or turn its volume down - **DIMINISH** it, **LOSE** it, get **RID** of it...



You might find your creature looks silly, or ridiculous. That's actually really useful. It's good to remember your worries are just thoughts. You can beat them, and even laugh at them.

It can also help to create an **ANTI-what-if** creature - a wise, reasonable, logical character that can help you think of those simple solutions. Design yours here.

IT COULD BE A:

WIZARD

ANGEL

WISE OWL



It might feel silly to draw a worry gremlin, or anti-worry wizard, but psychologists think it's really helpful to externalise worries. If you don't want to draw them, you could describe them in words instead, or just draw a blob.

RIP IT!

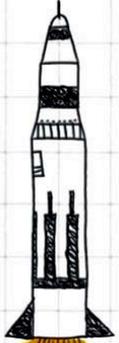
Find some paper, and tear it up into as many tiny pieces as you can. Stick them all over this page, and create a snowstorm of ripped paper.

When the page is full, count the pieces. How many are there?



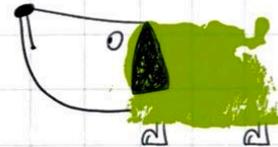
Your brain isn't very good at doing more than one thing at once. If it's focusing on this, it's NOT focusing on worries.

UNWORRY ACTIVITIES



SPLAT

Immerse yourself in doodling and drawing, and turn these splodges of paint into other things - from creatures and aliens to hats, cars and flowers.



UNWORRY ACTIVITIES



MAZE

Find your way through this maze to the finish.
Focus on keeping your pencil between the lines.
Think of it as finding your way through a tangle
of worries, and out the other side.



START

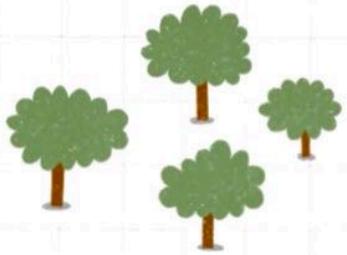
FINISH



UNWORRY ISLAND

Design your own UNWORRY ISLAND, a place you can imagine and visit whenever you need to, especially at bedtime if worries are stopping you from sleeping.

What's the weather like?



Where do you stay?
A hut? A treehouse?
An igloo?

Who else is there with you? Or are you on your own?

What do you eat? Fruit from the trees? Fish from the sea? An endless supply of ice cream from a cafe?

It doesn't have to be realistic. This is YOUR unworry island - it can be absolutely anything you want, as long as there are no worries there.



The more you use your island to relax, the more helpful it'll be. Scientists call this process **CONDITIONING**. You train your body to **RELAX** whenever you imagine the island. So don't just visit the island once, pop back again and again, and add or change things whenever you like.