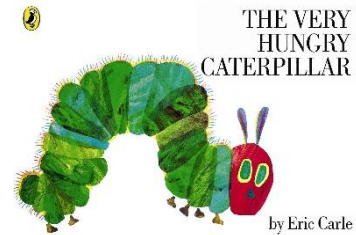


Children thrive from having structure and routine built into their learning. Please find below a suggested timetable for the day. However, don't worry if this can't be followed exactly - it's just an example.

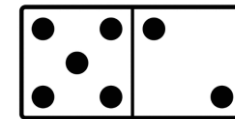
Time	Activity
9:00 - 9:30	Good morning Wake and shake (Jumpstart Jonny, go noodle - Youtube)
9:30 - 10:00	Phonics (See Class Dojo links)
10:00 - 11:00	Break
11:00 - 12:00	Maths (See activities below)
12:00 - 1:00	Lunch time
1:00 - 1:15	Wake and shake
1:15 - 2:00	Complete a blue activity
2:00 - 3:00	Complete a yellow OR green activity
3:00	End of day story

Core story: The Very Hungry Caterpillar - Eric Carle



<https://www.youtube.com/watch?v=75NQK-Sm1YY>

Maths: Understanding 6, 7 and 8!



Jigsaw theme:



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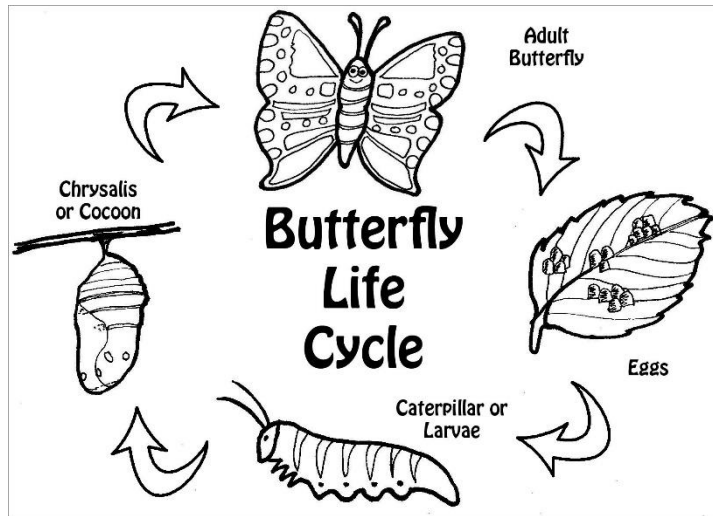
<p>Maths</p> <p>Use the maths pictures below to help you</p>	<p>The Very Hungry Caterpillar likes to eat lots of food and so does Six Dinner Sid!</p> <p>Listen to Six Dinner Sid here: https://www.youtube.com/watch?v=3XAdTJcTqTs</p> <p>The story is all about the number 6. Go on a hunt around your house and see how many times you can find something that shows 6. This could be the number 6 or an object/set of objects that shows 6.</p> <p>CHALLENGE: Can you draw the six houses that Sid lived at and number them 1-6?</p>	<p>Today we are looking at the number 7. Can you count forwards and backwards to 7? Can you do 7 jumps, 7 claps, 7 stamps etc.?</p> <p>Now draw a blank domino on a scrap piece of paper and cut out 7 dots. Experiment with all the different ways you can make 7 on your domino. Have you found them all?</p> <p>CHALLENGE: how else can you represent 7? Can you draw 7 in a tally, ten frame, numicon piece?</p>	<p>Today is number 8. Go and find 8 of something in your house. This could be pairs of socks, pencils, cars or anything you like. Rearrange them so they are in different orders, do they still make 8? What about if they are in two separate groups, is there still 8?</p> <p>To explore the different ways we can make 8, you can either draw a ladybird (see below) or use things in your house such as 2 plates and 8 buttons. How many different ways can you find?</p>	<p>Have a go at playing the memory game with a friend (this will be posted to your class page on Thursday)</p> <p>A grown-up could draw the pictures for you on scrap paper or if you have access to a printer you could print them out - whatever is easier for you. Once you have had a go, design your own cards to play the memory game with.</p> <p>CHALLENGE: could you add in some more numbers e.g. 1, 2 or 3 as well as 6, 7 and 8 to make the game harder?</p>	<p>Find 7 different toys. Ask your child to turn around whilst you remove one. Can they spot who is missing?</p> <p>Put the toys back and cover them with a blanket. Remove one toy. Ask your child how many toys they think are under the blanket now? Count the toys to check. Play this game a few times by adding a toy or taking a toy away. <u>Focus on the language of one more and one less.</u></p> <p>CHALLENGE: can your child explain why they think that? E.g. "because you had 5 and took one away so now you have 4" or "because one more than 2 is 3."</p>
<p>Counting songs</p>	<p>Let's count to 10 https://www.youtube.com/watch?v=6RfIKqkvHTY</p>	<p>Count to 20 https://www.youtube.com/watch?v=0VLxWIHRD4E</p>	<p>Count Back Cat https://www.youtube.com/watch?v=F6a2W8UQP5w</p>	<p>1 more - caterpillar song https://www.youtube.com/watch?v=v5ZCw9cUEq0</p>	<p>1 less - 5 currant buns https://www.youtube.com/watch?v=-mi79hRcSXI</p>
<p>Physical development</p>	<p>Play this song to strengthen your finger muscles: https://www.youtube.com/watch?v=1eXjExcHTLA&list=PL0cPymb-OvBzRZZ5RUMWhW_USBIqIHHI&index=1</p>	<p>Practice moving around your house like a caterpillar and then like a butterfly. Do you use the same parts of your body? Are you the same height?</p>	<p>Cosmic Yoga - use this link to join in with this yoga all about The Very Hungry Caterpillar! https://www.youtube.com/watch?v=xhWDiQRrCIY</p>	<p>Make a caterpillar. Draw some circles on some scrap paper. Can you cut around these and make a caterpillar? You can decorate your caterpillar if you like.</p>	<p>We are looking at The Very Hungry Caterpillar. Can you draw and label some of the food from our story?</p>

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<p>Jigsaw - Personal, social and emotional development</p> <p>What are we learning?</p> <p>I understand the link between what I learn now and the jobs I might like to do when I am older.</p>	<p>We are going to be looking at careers this week. Listen to this story about some of the different jobs that grown-ups have.</p> <p>https://www.youtube.com/watch?v=soKRa6D90WQ</p> <p>Can you think of anymore? What do you want to be when you are older?</p>	<p>Pretend that you are going in a time machine and travelling to the future. Explain that your child is now an adult and they need to choose a job. Have your child choose a picture card (see below) and try to act out the job for you to guess!</p> <p>Discuss what they would need to know now in order for them to get that job in the future. E.g. if they were a teacher they would need to learn to read and write now. If they were a builder they would need to know about measuring.</p>	<p>Mindfulness - Calm Me Time</p> <p>At school we use a chime, we hit the chime as the children sit in silence and focus on their breathing. We allow the chime to hang in the air until we can no longer hear it. When the children can no longer hear the sound, they pop up their hand. We usually do this a few times.</p> <p>If you don't have anything like this, don't worry. You can use this sound.</p> <p>https://www.youtube.com/watch?v=yzStdsMIbA</p>	<p>Which grown-ups are special to your child? Mummy, Daddy, Auntie, Uncle, Grandad, Grandma?</p> <p>What jobs do they have now or have they had in the past? Discuss what each person had to do to get there and the different things they needed to know for their jobs.</p> <p>Challenge: Can you draw a picture of someone special at work?</p>	<p>Warm Fuzzies - how have you felt over the past week? Has anybody given you a warm fuzzy or can you think of a time when you gave somebody else a warm fuzzy?</p> <p>Draw a picture of this time and explain to your grown up what is going on.</p> <p>Challenge: can you label your picture to help explain what is happening?</p>
<p>Communication and language</p> <p>The Very Hungry Caterpillar</p>	<p>Talk to your child about caterpillars. What do they know? What words do they use to describe them? What do they think happens to caterpillars? Listen to the story of The Very Hungry Caterpillar and discuss the story.</p> <p>https://www.youtube.com/watch?v=75NQK-Sm1YY</p>	<p>Act out The Very Hungry Caterpillar. What different stages does the caterpillar go through? Don't forget he starts out as an egg right at the beginning!</p>	<p>Let's make the lifecycle of a butterfly! You can do this any way that you like. You could use food (see below) or you could draw and label the cycle. Explain to your child that this is a cycle, which means it keeps going and going.</p>	<p>The lifecycle of a butterfly is so interesting. Talk about the similarities and differences between caterpillars and butterflies. The caterpillar grows into a butterfly. Do any other animals change as they grow? Help your child to understand that all living things change and grow (see pictures below to help you).</p>	<p>Can you draw your favourite part of a butterfly's life cycle? Is it the egg, the caterpillar, the cocoon or the butterfly? Listen carefully to the sounds you can hear and try to label your picture.</p> <p>Challenge: If you have drawn a butterfly, can you decorate its wings and make them symmetrical?</p>

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Look at the animals and discuss the similarities and differences between the baby animals and their parent.



gosling → goose



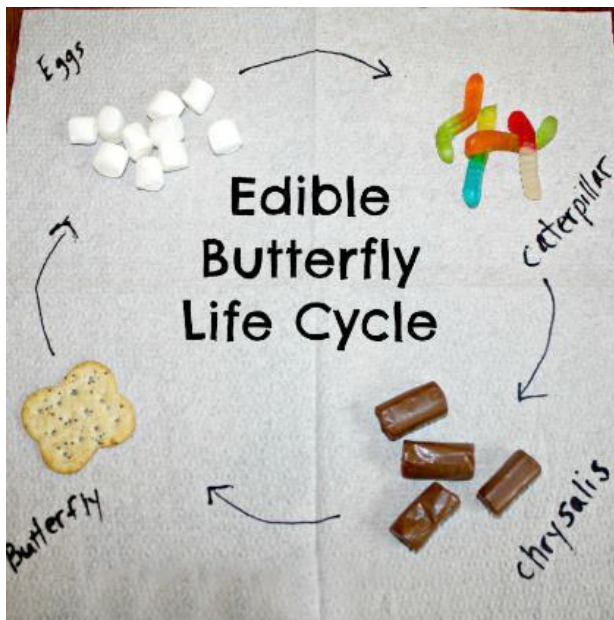
puppy → dog



tadpole → frog



chick → hen



(This is just one example, you can use any food that you have in your house)



baby → adult



lamb → sheep



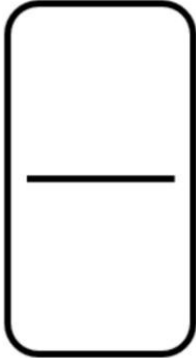
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Tuesday

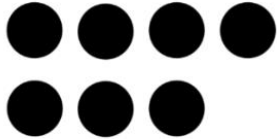
Wednesday

Friday

#MathsEveryoneCan



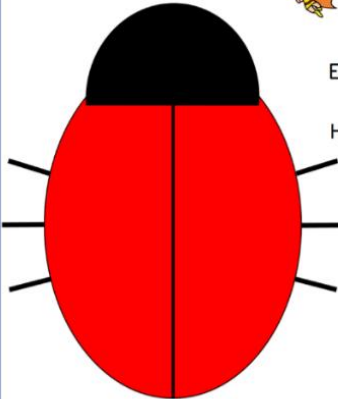
Explore all of the different ways that you can make 7 on a domino.
Have you found all the possible ways?



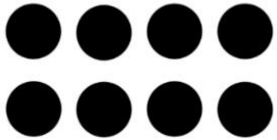
How else could you represent 7?

White Rose Maths

#MathsEveryoneCan




Explore all of the different ways that you can make 8
Have you found all the possible ways?



White Rose Maths

#MathsEveryoneCan

Count some toys into your toy box.
Ask a helper to take out one toy whilst you are not looking. Can you spot who is missing?



What happens to the number of toys when you take one out and then put it back? Does it matter which toy you remove?

White Rose Maths

Children's Mental Health Week 1st-7th February

Theme: Express yourself

This year has been challenging for everyone, including the children. This week, as well as the mindfulness activities here are a few stories and activities to help your child understand their emotions and learn how to express these.

Monday	Tuesday	Wednesday	Thursday	Friday
https://www.youtube.com/watch?v=UmrUV8v-KQg Draw a big love heart and fill it with colour to represent how you are feeling right now.	https://www.youtube.com/watch?v=tarq5nkkG1k We are all missing our friends. Why don't you write a letter or draw a picture for your friend to show them that you are thinking of them.	https://www.youtube.com/watch?v=-RXF5-29VGU Have a go at making a sensory bottle. https://www.youtube.com/watch?v=D7zp7KbxbKY&feature=youtu.be (you can use clear glue instead of glycerine)	https://www.youtube.com/watch?v=VCyiiHI2SJU Make some worry dolls. You can make these out of anything you like and your child can then use these to offload their worries.	https://www.youtube.com/watch?v=Clpw7PG7m1Q Start with a simple dot on a piece of paper. Add to it in any way you like, you can even close your eyes and see where your imagination takes you. When you have finished, sign your artwork.