

Personal, Social and Emotional

How are you feeling?

There has been a lot of change in children's lives recently. Some children are going back to school and some are staying at home, for now. You can read this book about how this may make children feel. There is also a little activity you can do to work through any feelings children may have.

https://subscriptions.earlyyearsstorybox.com/dont-worry-little-bear-book-updated/?_ga=2.182271527.1478581662.1591878337-384087736.1591878337

Feelings

Tell Little Bear about you...

Name: _____ Date: _____

How I feel about going to school: _____

How I feel about staying at home: _____

How I feel about lockdown: _____



Communication & Language

A Listening Walk: listening skills

Next time you are out and about take a few minutes to stop and listen to different sounds around you. What can you hear? Give your child plenty of time to tune into the many different sounds around them.

You could try this activity at home. Are the sounds different? You could try it at different times of the day such as bedtime.

Listen



Physical

Being independent

Pre-schoolers love being independent. Encourage this by letting them get dressed by themselves. They might take a bit longer and sometimes put things on the wrong way but that's ok. Elasticated waistbands and shoes with Velcro straps make things much easier. As they become more skilled they can develop their fine motor skills doing up zips and buttons.



Self-help

Literacy

A Poem About Names

Everybody
Has a name
Some are different
Some the same
Some are short
Some are long
All are right
None are wrong
I like my name
It's special to me
It's exactly who
I want to be!



Poetry

Mathematics

Number games

You can have lots of fun with numbers and counting. You can play skittles and count how many are left standing. You can play hop scotch and recognise numerals and count how many hops you need to take or you can play hide and seek (counting to 10 and then 20).

Count



Understanding of the World

People

We will be talking to the children about being kind and celebrating how so many different people have really helped each other within our communities. We will recognise that we are all unique, individual and different. Whilst we are all different, we should all be treated equally. We will celebrate our different skin colours and explain that no one should be treated unfairly because of their skin colour. Please watch this cbeebies clip that supports an anti-racist message.

<https://twitter.com/CBeebiesHQ/status/1271416640090116103>

Think

Expressive Arts & Design

Exploring texture

Gather some different objects from around your home and place them in a box. These could be things like: a stone, a feather, some blu-tac, a sponge, an ice-cube, an orange, a shell. Name the objects and let your child feel them. Encourage them to talk about how they feel. You can describe how they feel if they don't know the word yet eg soft, squishy, bumpy, rough, smooth, flat etc.

Texture



We hope you are all still safe and well. Here are some more suggested ideas for this week - pick and choose those you feel your child will enjoy - no pressure! Please do contact us if you have any questions or feedback. We also love to receive pictures of your child's work so please email them to us.