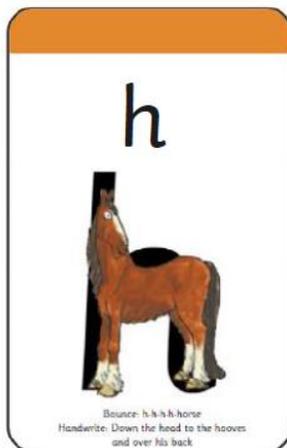
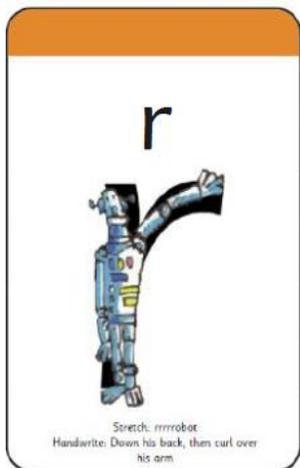




Physical Development	Personal, Social, Emotional Development	Understanding the World	Expressive Art and Design
<p>Keep active and move at home by following the instructions on the videos. Sign up for free keeping active ideas at home with: http://join.themovement.com/ Try out sports jams active blasts to burn off some energy and get your heart racing and healthy. Notice how your body changes before and after you exercise.</p> 	<p>We experience lots of different emotions every day and these can effect our mental health. If we feel worried, nervous, angry anxious this can make us feel down. If we are feeling excited, calm or happy this makes us feel good. It is okay to feel different emotions but is important to know what those emotions are and how you can deal with them. Watch the story of "In My Heart: A Book of Fellings" by Jo Witek https://www.youtube.com/watch?v=xlfLgHBwYx4 Think about the different things that make you feel eqach emotion as you listen to the story.</p> 	<p>Maps help us find a destination quickly and safely. Little Red Riding Hood travelled through a large forest but veered off the path and spoke to the wolf. If she had a map with her she might not have done this. Use your imagination to produce a map to show Little Red Riding Hood how to get from her house to her Grandmother's house.</p> 	<p>Art is a fantastic way to relax and express yourself. Create your own abstract artwork by listening yo and following music as you paint. How does the music make you feel? It may make you feel calm so you might use long, slow brushstrokes or you might feel rushed so you could use quick and short brushstrokes. Feel the music and let the music decide how your painting will look. Here are some music suggestions: https://www.youtube.com/watch?v=-f1Q-aZC05w https://www.youtube.com/watch?v=dswwenF67GM https://www.youtube.com/watch?v=jgk0xtM7KN8</p>
<p> Try the improvement Pilates daily activities. Which do you prefer why?</p>	<p> See additional resources for many other ways to help talk about your feelings and create a positive well-being.</p>	<p> Label the main features on your map</p>	<p> Reflect on how you felt while you painted to music. Paint to music with words-does it make a difference to your paining?</p>

Phonics

Please learn to read and write these sounds:



r - say "down his back, then curl over his arm"

h - say "down the head to the hooves and over his back"

Using your phonic knowledge can you practise sounding out and writing these words:

rip, run, hot, hat, rock

Red Words

Ask your child to read and spell these red words (please remember they **cannot** be sounded out).

into, he

Literacy:

Read the book Little Red Riding Hood or watch the story by following this link below:

https://youtu.be/ivg_Yc-YDYo

Talk and discuss the story.

- Who were the characters?
- What was in the basket that Little Red Riding Hood was taking to her Grandmother's house?
- Where was the story set?
- Why was it wrong to tell the Big Bad Wolf where she was going?
- How did the story end?
- Can you think of your own different ending?

**Activity One:**

What would you have put into Little Red Riding Hood's Basket? Can you draw a list of different treats (they don't have to be all food)

Challenge:

Label your items

Activity Two:

Make a get well card for Little Red Riding Hood's Grandma. Think about what drawing she would like to see on the front that may cheer her up!

Challenge:

Can you write a message inside your card.

Get well soon!



Maths- Estimation (a well thought out guess)

Estimation is a skill that takes lots of practise. It is the skill to guess a number that is close to the actual number. You may want to have a few silly guesses first before your sensible guess. It is okay for your estimate to be different to the actual answer.

Activity One:

Follow the slides on the estimation PowerPoint (see additional resources) to introduce yourself to estimating. It will guide you through a couple of practical activities.

You will need:

- A selection of small objects (e.g. cubes, stones, pegs, pasta, Lego bricks etc.)
- A piece of paper
- A pen/pencil

Challenge:

When eating lunch or a snack, estimate how many items of food are on your plate or in the packet i.e. how many crisps do I have? How many segments of satsuma are here? Count them after you have estimated to see how close you were.

Activity Two:

How far can you run in 5 seconds? Choose a form of measuring length. It could be steps, shoe lengths, sticks etc. It does not have to be in cm/metres at this stage. Estimate how far you will run. Mark your start and finish point with a stick so you know where you need to measure from, then measure the distance. Was your estimate close to your measured length? Was it a good estimate? Try different ways of moving in 5 seconds and measuring how far you have travelled. Don't forget to estimate first.

Challenge:

Can you have a go at recording your estimations and actual distances using the grid provided (see additional resources)



Don't forget to keep counting from 0-20 and back again!