

Week Beginning:  
26<sup>th</sup> February 2024



## Home Learning Ideas

### Personal, Social + Emotional

\* Breathing and yoga can help us calm any emotions that we might be feeling strongly. Join Cosmic Kids Yoga in a short mindfulness yoga session.



Click Link: [www.youtube.com/watch](https://www.youtube.com/watch?v=bTQOzmN)

### Physical Development

\*Using Lego bricks is the perfect opportunity for building fine motor skills. Lego is a great manipulative to work the fingers as children build with the pieces. Ask your child can they build some fruit from The Very Hungry Caterpillar Story.



-See the Building Brick Fruit Challenge Cards.

### Language Development

\*The children have been talking about letters in school. We have been matching letters, finding letters, identifying our names and working at lots of letter related activities.

Why not check out this phonics song on Youtube to help begin to learn the sounds also.  
<https://youtu.be/Nv28ddzc9Oc?si=79fTUIFELbTQOzmN>



### Mathematical Experiences

\* This week you could count with real fruit and vegetables. You could give your child some potatoes and sing the "One Potato, Two Potato" song. Place 5/10 potatoes in a row and model touching each one as you count. Click link: [One Potato, Two Potato](#)



Explore YouTube for more fruit and vegetable counting songs

### The Arts

\* We have talking about our emotions and ways to help us feel calm and safe. At home you could make your own Galaxy Glow in the Dark Sensory bottle. (Please see instructions)

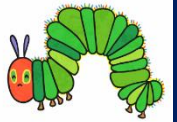


### The World Around Us

\* \*Explain to your child that one way to have a healthy diet is to eat different coloured food. Discuss; What is your favourite fruit? Why? What colour is it?

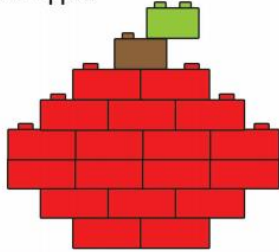


\*You could have a go at making a colourful fruit kebab together -See Recipe Card



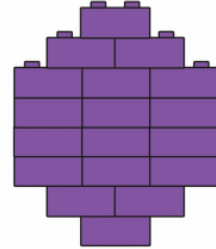
# Fine Motor Skills- Building Brick Fruit

Can you make this apple?



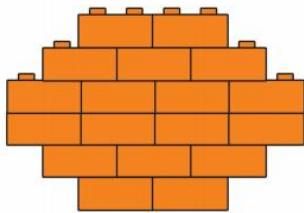
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Can you make this plum?



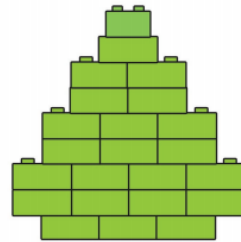
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Can you make this orange?



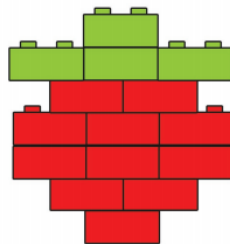
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Can you make this pear?



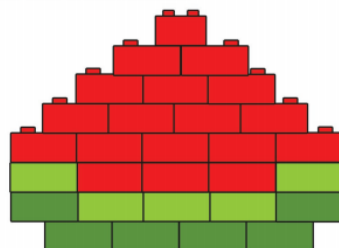
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Can you make this strawberry?



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Can you make this watermelon?



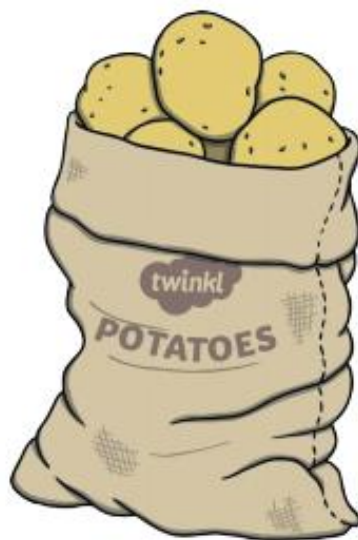
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# One Potato, Two Potato

(Say as the rhyme)

One potato, two potato, three potato, four,  
Five potato, six potato, seven potato, more.  
Eight potato, nine potato, now we've got all ten,  
Let's put our potatoes back and count them up again!

One potato, two potato, three potato, four,  
Five potato, six potato, seven potato, more.  
Eight potato, nine potato, now we've got all ten,  
Let's put our potatoes back and count them up again!





## Fruit Kebabs

A good way to have a healthy diet is to eat different coloured food.

Use this recipe to make these healthy fruit kebabs!



### You will need:

- Fruit of different colours, for example oranges, grapes, strawberries, melon
- A straw
- A knife

### Method

1. Cut your fruit into bite-sized pieces. You might need an adult to help with this.
2. Thread each piece of fruit onto the straw. Try to make a pattern of colours to make it look attractive.
3. Enjoy eating your healthy fruit kebabs!







# Galaxy Glow-in-the-Dark

## Sensory Bottle

### You will need:

Cotton wool

Glow-in-the-dark paint

Glitter

Red food colouring

Blue food colouring

Water

Container with a lid

Strong glue

Sticky tape

### Method

1. Fill the container a quarter full with cotton wool balls.
2. Add a few drops of blue food colouring and enough water to saturate the cotton wool balls.
3. Add a sprinkling of glitter and a squeeze of glow-in-the-dark paint.
4. Add the same amount of cotton wool balls into the bottle again.
5. Add a few drops of red food colouring and again, enough water to saturate the cotton wool balls.
6. Add a sprinkling of glitter and a squeeze of glow-in-the-dark paint.
7. Continue to add layers of cotton wool, paint and glitter, alternating the colour of the food colouring until the bottle is full.
8. Glue around the lid of the bottle and twist it into place. Allow time for the glue to dry.
9. Tape around the lid of the bottle with the sticky tape.
10. The bottle is now ready for the children to explore.

