

Week Beginning:
23rd February 2026



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

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