



# Home Learning & Development Opportunities



**Class**

**4**

**topic**

**Bodies**

## Cognition & Learning

### Messy Mark Making

We can use our bodies to make all sorts of marks. Finger painting, hand prints, body painting... The messier the better! Not only does this develop fine and gross motor control and essential pre-writing skills, it also encourages tactile exploration and tolerance. Why not start with dry materials, like rice, pasta or sand and then progress to real messy moments with paint, shaving foam, jelly and chocolate spread? Remember, these activities encourage us to use all of our senses so materials that we can smell and taste are even more fun.

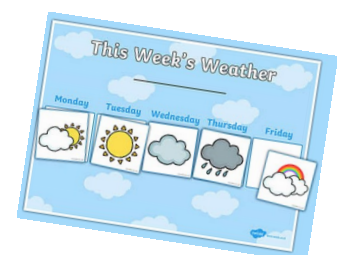


### Weather

We've been learning all about the weather this term and how it affects our bodies.

Discuss the weather with your child each day. You could help them to make a weather chart.

Talk about the different clothes we need to wear in different weather conditions. Can your child choose appropriate clothing for the weather outside?



## topic Bodies

### Communication & Interaction

#### Body Awareness Action Rhymes:

Use action rhymes to develop listening skills, body vocabulary, fine and gross motor skills and develop literacy and numeracy. Here are a couple of our current favourites:

**How Many Fingers?** - <https://www.youtube.com/watch?v=xNwISSzl8Gg>

**One Little Finger** - <https://www.youtube.com/watch?v=eBVqcTEC3zQ>

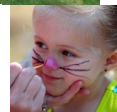
Use the video links to familiarise yourself with the tunes, then adapt to be suitably challenging for your child. It's always more fun and engaging to sing together!



### Social, Emotional & Mental Health

#### Attachment Games:

Attachment games such as body mirroring (try to copy each other's movements), massage, face painting and playing hairdressers fit particularly well with our "Bodies" theme.



#### Emotions:

We've been learning about emotions this half term and how they affect our bodies. Talk about how you're all feeling. Explore different emotions and talk about the things that make you feel happy, sad, angry, scared, etc.

Use a feelings chart to support communication.



### Physical & Sensory Development

#### Body Awareness and Yoga

We've been exploring body awareness and movements through gymnastics and yoga this term. **Cosmic Kids Yoga** is available on YouTube and features lots of fun yoga adventures based on popular children's movies and stories.

Find it at:

<https://www.youtube.com/user/CosmicKidsYoga>

Some of the poses can be a little difficult and your child may need assistance, so don't worry too much about getting them perfect. Just work together and have fun!

