



Home Learning &

Development Opportunities



Sensory Mark Making



Mark make with household materials and utensils: use cooking oil, vinegar, baking powder, salt, sugar, water, flour, ketchup, ice, baby oil, corn flour, shaving foam, food colouring etc.





Make beasts and creatures with shapes.

Measure animals with bricks etc.

Make junk model animals





Class Key Stage 2 **topic** People & Creatures

Cognition & Learning

Nature Faces

Collect different resources from the natural world such a sticks, leaves, soil, stones, flower, petal, grass etc. Explore these and use to create a face - Look at selves in mirror and familiarise with facial features.



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 appro-

ing for the side?



priate clothweather out-



Communication & Interaction

Share favourite books & Stories.

For Example: - The Gruffalo and the Gruffalo's Child Talk about the children's favourite parts of these stories. Can they identify any animals in these stories? Do the children have a favourite animal?





Pizza Face!

Create faces using pizza ingredients use a crumpet for the base, add tomato puree and different toppings to explore and comment upon. Do they react to specific smells or textures, display their likes and dislikes? Can they name the ingredients? Use sweetcorn for teeth - play around with a mirror and create different pizza face emotions.

Music and Rhyme Time

Sing songs and rhymes about different body parts to develop body awareness - If You're Happy and You Know it, Head, Shoulders, Knees and Toes and Tony Chestnut



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=xNw1SSz18Gg

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

Thrive Activities

These activities are relaxing videos which promote health and wellbeing

https://www.thriveapproach.com/mindfulness-activities-thrive/



Make and use puppets to discuss how they feel, what is happening, why things are different.

Use emotion cards and symbols

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 com-



Ľ

happy (New A

angry

売

vorried

Ľ

excited

e e

tired



Attachment Games

Attachment Games - developing relationships and positive attachments with games that involve using your bodies, tuning in to one another and turn - taking.

http://www.sunningdaleschool.com/downloadable/homeactivities/attachment%20games.pdf

- (try to copy each other's Body mirroring movements), massage, face painting and playing hairdressers fit particularly well with our "Bodies" theme.





Pretend your first 2 fingers are paintbrushes and as gently as you can, paint your forehead. Paint down your nose across both cheeks, your chin and your lips Paint stripes down your neck then down your arm and each individual finger.





Physical & Sensory Development

Messy Hands/Fingers/Feet and Toes

Explore a range of different sensory media such as beans, shaving foam, rice to carry our mark making and to complete a range of different actions such as splat, poke, pinch and spreading explore with different body parts and using different senses - put media into gloves to create feely sensory gloves and carry out simple number songs using fingers.







Animal Bodies

Move around like different animals fast and slow or create different shapes with body, such as extending body stretching high to become a giraffe or on all fours to be an elephant. Take part in a rumble in the jungle story massage to encourage body awareness. Available at:

http://www.sunningdaleschool.com/downloadable/ha2/waw3%20where% 20are%20we%203.pdf

Body Awareness and Yoga

Exploring body awareness and movements through gymnastics and yoga. 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!



Children can watch animals and beasts move using You Tube, they can then copy the movements using different parts of their body

Jungle kids Yoga on You Tube

