

Home Learning Log

27.04.2020



Our WOW activities will focus on the other areas of learning within our early year's curriculum. These areas are so important, as they help us to grow as a whole, not just helping our brains to grow!

The areas in our learning are:

Personal, Social and Emotional

Communication and Language

Physical Development – this focus this week!

Literacy and Mathematics

Understanding our World

Expressive Arts and Design

Physical Development Moving and Handling

Funky Fingers Challenge

In Reception, we have a Funky Fingers Challenge each week, that helps us to practice and test our strength in our fingers. With strong fingers, hands and wrists, we become confident, neat writers! We always set a timer challenge – **“how many balls can you make with the playdough in 1 minute?”** This encourages maths and physical development!

Here are a few 'Funky Fingers Challenges' for you to have a go at home! *Make sure you use both your left and right hand and ALL of your fingers!*



Cotton wool, pegs and buckets



tin foil and your fingers!



Water pistol washing up liquid bottle



Cotton bud to dab and trace letters, words and numbers

Physical Development Health and Self-Care

Health and Self-Care is an area that focuses on understanding the importance of how to look after ourselves, in terms of, eating healthily, our wellbeing, using the toilet and dressing independently, understanding self-hygiene, and the need for a good night's sleep.

This week, as the weather is hot, I would like for you to focus on making some healthy treats and choices.

What about making and enjoying some Rainbow Fruit Skewers?



Do you understand the need for safety when chopping and cutting fruit?

Drink 8 glasses of water throughout the hot day

Do some exercise for 30 minutes



Cheerio cereal to thread onto pasta

Straws, pipe cleaners, string and a colander



Number weave, create numbers using cardboard tubes, thread using string or old shoe laces.

Activities can include: tweezing, threading, sponging, zipping, buttons, playdough and many more!
If you can think of any other ideas, using items around your home, I would love to see them on Dojo!

Watch ZenDen on Youtube and take part in a meditation.

Choose your own clothes today, think about the weather, what clothes will you need?
Independently dress yourself!

Choose a meal with an adult, for example lunch. Discuss the things you are going to have and prepare with an adult. Talk about the food choices, *have you chosen a healthy choice?*

*Miss Brown is going to have ice cream, a packet of crisps and a glass of a fizzy drink.
Am I making a varied, healthy choice?*

Do you sleep in your own bed? Try and sleep in your own bed, and have a good night's sleep.
What would happen if we didn't get a good night's sleep?

Go on one walk today, *what are the risks on your walk? Where do you have to think about safety?*

Write a list of things you do to look after your hygiene, keep you clean!