



0-3's - Home Learning: Week Beginning: 01/02/2021

Theme: Winter and People Who Help Us. Value: Love

Children's Mental Health Week:

Choose 1 of these activities to do every day. Try to spend about an hour learning every day, as well as doing some exercise. Don't forget to download and sign up to **Grasmere on Class Dojo!**

	Listening & Understanding	Speaking:	Physical Development:	Personal, Social and Emotional:
Mon	<p>Spot Goes to the Farm. What animals does Spot see at the farm?</p> 	<p>Twinkle Twinkle Little Star Song. Join in singing the song and the actions too.</p> 	<p>Make a Giant Picture Outside. Can you draw a giant picture of something outside? It could be a heart, a rainbow or even a face of how you are feeling today?</p>	
Tue	<p>Goodnight Moon (Purple). Silly Billy (Red/Orange). Listen to the story about Billy. Tell your adult about what makes you worry.</p>		<p>Circle Sandwiches. Can you make a circle sandwich for your lunch?</p> 	<p>Make your very own worry doll. Make your very own worry doll. Tell it all your worries and put it under your pillow.</p>

<p>Wed</p>	<p>Colour Monster (Red/Orange). Can you tell your adult about what makes you feel happy, sad, worried etc?</p> 		<p>Exercise Time! It's time to get moving with Hayley and Sophie.</p> 	<p>Table top painting – Emotions/feelings. Make patterns and faces to express your different emotions.</p> 
<p>Thurs</p>		<p>Please and Thank you story. I wonder if you can copy the signs for please and thank you.</p>	<p>Tremendous trees. Join in with the Mindful Walking.</p> 	<p>Mirror Mirror – Emotions faces. Can you look in a mirror and make your face into different emotions?</p> 
<p>Fri</p>	<p>Glitter Jar. Make a glitter jar and watch the glitter fall to the bottom. Count how long it takes to get to the bottom.</p> 	<p>Twinkle Twinkle Little Star. Join in with this fun and different version of the song. https://www.bbc.co.uk/cbeebies/radio/twinkle-twinkle-little-star</p>	<p>Grasmere Dance Troup – Expressive yourself through dance. Can you join in with our dance and send us your videos to Class Dojo.</p> 	

Red text means that it will be a video from staff. The activities will go on throughout the school day, one in the morning, one after lunch and one towards the end of the day.