










3 – 5’s Remote Learning: Week Beginning: 01/02/2021







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

Children’s Mental Health Week:

Here are 3 activities for you do each day. You do not have to do them in the order we have put them. Try to spend between one and two hours learning every day, as well as doing some exercise. Don’t forget to download and sign up to **Grasmere on Class Dojo!**

	C&L/Literacy	Physical Development	PSE Development	Numbers	Shape, Space & Measure	Understanding the World	Expressive Arts
Mon	<p>Why am I happy song S4F&B Can you join in with the signs for feelings and behaviours?</p> 	<p>Mirror Mirror – Emotions faces. Can you look in a mirror and make your face into different emotions?</p> 	<p>Cosmic Yoga Zen Den – Mindfulness (Focus) – The Listening Game https://cosmickids.com/video/the-listening-game/ Join in with Jaime’s mindfulness activity.</p>			<p>Make a Giant Picture Outside. (Sophie) Can you draw a picture of something outside? It could be a heart, a rainbow or even a face of how you are feeling today?</p>	

<p>Tue</p>	<p>Silly Billy. Listen to the story about Billy. Tell your adult about what makes you worry.</p> 	<p>Mindfulness Smells Hunt. Go on a mindful smells hunt. What can you smell and how do they make you feel?</p> 	<p>Cosmic Yoga – Zen Den – Mindfulness (Calm) - Taste Test https://cosmickids.com/video/zen-den-taste-test/ Join in with Jaime’s mindfulness activity.</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, then by the morning your worries will all be gone.</p>
<p>Wed</p>	<p>Colour Monster. Can you tell your adult about what makes you feel happy, sad, worried etc?</p> 	<p>Table top painting – Emotions/feelings. Make patterns and faces to express your different emotions.</p> 	<p>Cosmic Yoga – Zen Den –Mindfulness (Focus) Be the Pond https://cosmickids.com/video/be-the-pond-zen-den/ Join in with Jaime’s mindfulness activity.</p>			<p>Feeling Colours. How do the different colours make you feel?</p> 

<p>Thurs</p>	<p>Goodnight Me. Listen to the story. Can you relax your body when you are going to sleep?</p> 	<p>Sleeping Bunnies link. https://www.bbc.co.uk/cbeebies/watch/something-special-sleeping-bunnies Can you join in with being calm and then very excited!</p> 	<p>Cosmic Yoga – Zen Den – Mindfulness (Calm) - Mini the Puppy. https://www.youtube.com/watch?v=K7FUbtacds Join in with Jaime’s mindfulness activity.</p>			<p>Stroking our Pets. If you have a pet to stroke at home. How does it make you feel?</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>Fri</p>	<p>Things to look forward to jar What things would you like to do once lockdown is over?</p> 	<p>Grasmere Dance Troop – Expressive yourself through dance. Can you join in with our dance and send us your videos to Class Dojo.</p> 	<p>Cosmic Yoga – Zen Den –Mindfulness (Focus) Thought Bubbles https://cosmickids.com/video/thought-bubbles/ Join in with Jaime’s mindfulness activity.</p>			<p>Tremendous trees. Join in with the Mindful Walking.</p> 	

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