

Reception home learning pack

Please find included some suggested ideas and activities to support your child's learning at home for the next two weeks.

Your child will have 2 books to share together at home.

- Activities and ideas linked to our planned learning for week beginning 23rd and 30th March
- Phonics activities and ideas
- Cutting skills template and a pair of child's scissors
- An astronaut finger space template to cut out and use when writing
- Paperchains games 4 and 5 - please cut these out and play them
- Ditty sheets 5 & 6 (we suggest for week beginning 23rd) and 7 & 8 (week beginning 30th) which include reading and writing activities
- Read, Write Inc. Phonics letter formation rhymes
- Pictures (for children to write a caption for) and captions (for the children to read) (1 a day)
- Addition to 20 activity
- Subtraction to 10 activity
- Doubling activity
- Mindfulness ideas and colouring
- Your child's morning work card and a pen
- An exercise book and pencil

Reception Team

Reception home learning week beginning 23.3.20

Phonics and literacy (reading and writing)

- Log into your account on 'teach your monster to read'
- Find a game to play on 'phonics play'. Start off by trying the phase 2 activities. <https://www.phonicsplay.co.uk/Phase2Menu.htm>
- Read your reading book (some free e-books here https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/?view=image&query=&type=book&age_group=Age+4-5&level=&level_select=&book_type=&series=#), library book or play paper chains. Create your own paper chains game.
- Watch an episode of Alphablocks so your grown-ups can get their work done too. <https://www.bbc.co.uk/iplayer/episodes/b01cz0p1/alphablocks>
- Enjoy a walk to the woods. What did you see/smell/hear? Can you make a list of what you discovered? Can you spell your name or make some numbers with sticks, leaves and stones?

Maths

- Sequencing events <https://nrich.maths.org/6609> 'Times of day' activity
- Can you retell the sequence of events in the story 'What the ladybird heard'
- Can you put the coconut numbers in sequence from the smallest to the largest? <https://www.topmarks.co.uk/ordering-and-sequencing/coconut-ordering>
- Can you keep a basic diary of what you have done each day e.g. got up, had cereal, watched t.v, went for a walk etc. You could write or draw pictures.
- Play a board or card game like snap or pairs
- **10 frame Tuesday** - make a 5x2 grid on paper, or use tape or string on the floor. This is a 10 frame. Make an arrangement of dots or object on your ten frame, give your child a chance to look at the arrangement before you remove it. Can they recreate the same arrangement?
- Watch an episode of Numberblocks so your grown-ups can get on with some of their jobs. <https://www.bbc.co.uk/iplayer/episodes/b08bzfnh/numberblocks>
- Can you use dough to make some biscuits for teddy- thinking carefully about shape, size and quantity.

Topic and learning about the world

- This week we are learning about the story what the ladybird heard. <https://www.youtube.com/watch?v=Eu9mPX7DuLA>

- Can you draw a map of where you live? Include the school, roads, shops, park etc.
- How many farm animals can you name in one minute using a timer?
- Which changes are you noticing outside? Have you seen any flowers growing or bumble bees beginning to make an appearance? Spring is on it's way.
- What did the animals do in 'What the ladybird heard' to work as a team? Why did they do it?

Music

- We have been learning about the 'pulse' in music. We love finding the rhythm and using actions to the jungle book song 'jungle rhythm' <https://www.youtube.com/watch?v=ht8wMozqYc8>. Can you find the rhythm in your favourite song?
- Play 'feel the beat' here <https://www.bbc.co.uk/teach/bring-the-noise/eyfs-ks1-music-play-it-bring-the-noise/z4sq92p>
- Listen to the 'What the ladybird heard' song <https://www.youtube.com/watch?v=oermoyR-byk>

PE

- Use scissors to practise cutting along the trail of the ladybird using dots or lines on a piece of paper
- Enjoy a session of cosmic kids yoga <https://www.youtube.com/user/CosmicKidsYoga>
- Sing songs like heads, shoulders, knees and toes to get yourself moving or listen to 'Shake your sillies out' https://www.youtube.com/watch?v=NwT5oX_mqS0
- Skip, hop, jump for a minute- how is your heart feeling now?
- Practise your breathing by breathing in slowly (smell a strawberry) and out (blow out the candle) to bring your heart rate down.

Science

- Stick a straw onto the side of a balloon using some sticky tape. The easiest way to do this may be to first blow up the balloon but do not tie it. You then need to thread the straw through a long piece of string. Tie the string from one end of the room to another. You may choose to do this for example from chairs or anywhere you can. You then need to blow up the balloon. You then release the end of the balloon, and as the air leaves the balloon, the pressure causes the balloon to fly along the piece of string. The bigger you blow the balloon, the more pressure is created, and the faster the balloon goes.

- **Make it Monday** - use flour, salt and water to make your own dough. Can you use it to create letters for your name? What can you model? Can we get the flour, salt and water back separately? Talk about changes that can't be 'undone'. What else can you think of and explore (toasting bread, melting ice/freezing water, melting chocolate etc.)
- Can you collect a pebble to make a pet rock? You could stick on eyes, woolly hair, legs etc. What will your rock be called? Where will it live? What does it like?
- Can you make some Easter cornflake cakes?
<https://www.bbcgoodfoodme.com/recipes/cooking-with-kids-chocolate-cornflake-cakes/>

Other ideas:

- Start the day off by writing your name, numbers or letters.
- Then have a wiggle to the CBeebies day of the week song!
<https://www.bbc.co.uk/cbeebies/curations/days-of-the-week-songs>
- Can you create and construct a den?
- Make a little classroom using teddies and dolls, can you teach them some phonics? Or write a little register with a list of their names?
- Can you draw a picture or write a simple sentence of something that you have enjoyed doing at school to send to a relative in the post? What else do you need to send it? E.g. stamp, envelope, address.

Some websites with lots of learning activities to try

- Oxford Owl
https://home.oxfordowl.co.uk/?s=activity&posttype_search=post%2Cpage%2Cproject%2Cfind_a_book%2Cebooks%2Cactivities%2Cjargon_buster%2Cvideos&fwp_post_types=activities&fwp_age_categories=age-4
- Purple Mash - explore different activities or see tasks we have set (to do's). Look for the bell at the top of your screen.
- Top Marks <https://www.topmarks.co.uk/>
- Crick web <http://www.crickweb.co.uk/Early-Years.html>
- ICT Games <https://www.ictgames.com/>

Reception home learning 30.3.20

Phonics and literacy (reading and writing)

- Log into your account on 'teach your monster to read'
- Find a game to play on 'phonics play'. Start off by trying the phase 2 activities. <https://www.phonicsplay.co.uk/Phase2Menu.htm>
- Read your reading book (some free e-books here https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/?view=image&query=&type=book&age_group=Age+4-5&level=&level_select=&book_type=&series=#), library book or play paper chains. Create your own paper chains game.
- Watch an episode of Alphablocks so your grown-ups can get their work done too. <https://www.bbc.co.uk/iplayer/episodes/b01cz0p1/alphablocks>
- Due to the current situation you can use Phonics Play for free using the username: march20 and password: home <https://www.phonicsplay.co.uk/> you will find lots of fun phonics activities here.
- 'Easter' and 'egg' both start with the sound 'e'. can you make a list of all the other words that you can think of that start with the sound 'e'?
- Talk about the Easter story. There is a short story on Cbeebies <https://www.bbc.co.uk/cbeebies/stories/lets-celebrate-easterperformance>

Maths

- Sequencing events <https://nrich.maths.org/6609> 'Times of day' activity
- Can you retell the sequence of events in the story 'What the ladybird heard'
- Can you put the coconut numbers in sequence from the smallest to the largest? <https://www.topmarks.co.uk/ordering-and-sequencing/coconut-ordering>
- Can you keep a basic diary of what you have done each day e.g. got up, had cereal, watched t.v, went for a walk etc. You could write or draw pictures.
- Play a board or card game like snap or pairs
- 10 frame Tuesday - use mini eggs on your ten frame to do some subtraction or taking away. If you have 10 eggs on your ten frame and 2 are eaten, how many are left?
- Watch an episode of Numberblocks so your grown-ups can get on with some of their jobs. <https://www.bbc.co.uk/iplayer/episodes/b08bzfnh/numberblocks>

- Can you construct an Easter nest at home using Duplo, bricks, twigs or whatever you have handy at home? Which sort of bird would live in your nest?

Topic and learning about the world

- Can you find out what people do to celebrate Easter? Do you and your family do any of these things?
- Can you have an Easter egg hunt around the house? Where are some of the best hiding places? How many eggs did you find?
- Easter happens in spring time. What happens during spring time? You could explore different flowers, blossom, baby animals etc.
- How do different countries celebrate Easter?
- Collect some sticks and make an Easter tree for your home. What could you hang on it?
- Can you help out in the garden with weeding? This will be good for your fine motor skills and get the garden looking smart ready for spring time. Are there any bulbs or seeds you can help to plant?
- Do a garden birdwatch. Which birds can you see? What are they doing?
<https://www.rspb.org.uk/fun-and-learning/for-kids/facts-about-nature/facts-about-birds/>

Music

- We have been learning about the 'pulse' in music. We love finding the rhythm and using actions to the jungle book song 'jungle rhythm'
<https://www.youtube.com/watch?v=ht8wMozqYc8>. Can you find the rhythm in your favourite song?
- Play 'feel the beat' here <https://www.bbc.co.uk/teach/bring-the-noise/eyfs-ks1-music-play-it-bring-the-noise/z4sq92p>
- Listen to the 'What the ladybird heard' song
- Sing 'Hot cross buns' and talk about what is happening to the number of each buns every time you take one away.
- Listen to Vivaldi's spring time as you watch this beautiful spring video. What do you notice? https://www.youtube.com/watch?v=vLAnt9_5Mg

PE

- Use scissors to practise cutting along the trail of the ladybird using dots or lines on a piece of paper
- Enjoy a session of cosmic kids yoga
<https://www.youtube.com/user/CosmicKidsYoga>

- Sing songs like heads, shoulders, knees and toes to get yourself moving or listen to 'Shake your sillies out'
https://www.youtube.com/watch?v=NwT5oX_mq50
- Have a zone of objects in a hoop or bag and see how many objects you can collect one at a time by running them back to your 'nest'. How many did you fetch? Can you collect even more next time?
- Have an Easter egg and spoon race!

Science

- How do you like your eggs? Talk about what happens when you make a dippy egg? What happens? Can you reverse the process? How many minutes will it take to cook your egg how you like? How will you time it?
- **Make it Monday** - Can you make an Easter bonnet using resources at home? Don't forget to pop some pictures on Tapestry of your creation!
- Can you make some bubble mixture to take outside? You'll need some washing up liquid, water and some bubble wands
<https://www.bbcgoodfood.com/howto/guide/how-make-bubble-mixture> If you haven't any bubble wands, you can make some using straws, pipe cleaners, paper clips or try dipping a cookie cutter in the mixture. Who can blow the biggest bubble?
- Use some toilet roll inserts to make an Easter bunny or a chick

Other ideas:

- Start the day off by writing your name, numbers or letters.
- Then have a wiggle to the CBeebies day of the week song!
<https://www.bbc.co.uk/cbeebies/curations/days-of-the-week-songs>
- Can you create and construct a den?
- Make and write an Easter card to send to a friend or a relative

Some websites with lots of learning activities to try

- Oxford Owl
https://home.oxfordowl.co.uk/?s=activity&posttype=search=posts&page=2&project=find_a_book&books=activities&jargon=buster&videos&fwppost_types=activities&fwpage_categories=age-4
- Purple Mash - explore different activities or see tasks we have set (to do's). Look for the bell at the top of your screen.
- Top Marks <https://www.topmarks.co.uk/>
- Crick web <http://www.crickweb.co.uk/Early-Years.html>
- ICT Games <https://www.ictgames.com/>

Phonics activities

Reception

Due to the current situation you can use Phonics Play for free using the username: march20 and password: home <https://www.phonicsplay.co.uk/>

Blending and segmenting simple words

<https://www.youtube.com/watch?v=D8etBZWtGL4>

Watch and learn with Alphablocks

<https://www.youtube.com/watch?v=s7LjGDcXqcs>

Practise your set 1 speed sounds

<https://www.youtube.com/watch?v=hCBzNnSSxds> or watch and then mute the video the second time and see if you can read the sounds independently. Or use this video <https://www.youtube.com/watch?v=s6OiU2h3sUI>

Set 2 sounds: <https://www.youtube.com/watch?v=p7hRbrpq5Bo&t=17s>

Speed write- on a white board or piece paper, select several sounds for your child to practise writing down. Ask them to 'tick or fix' their writing as they go. Choose several sounds to this with each day including 'special friends'- ch, th, sh, ng, nk.

Do some super massive writing using a paintbrush and water outside or make a magic wand, pirate sword, light saber and do writing in the air

Use different voices to say each rhyme for the sounds you are writing e.g mouse, monster, robot, giant, princess etc.

Set up a phonics lessons for your teddies, dolls, dinosaurs- make some sound flash cards and practise blending and segmenting simple words such as peg, rug, hat, shop, chip etc. Model how to write the words to your pretend class.

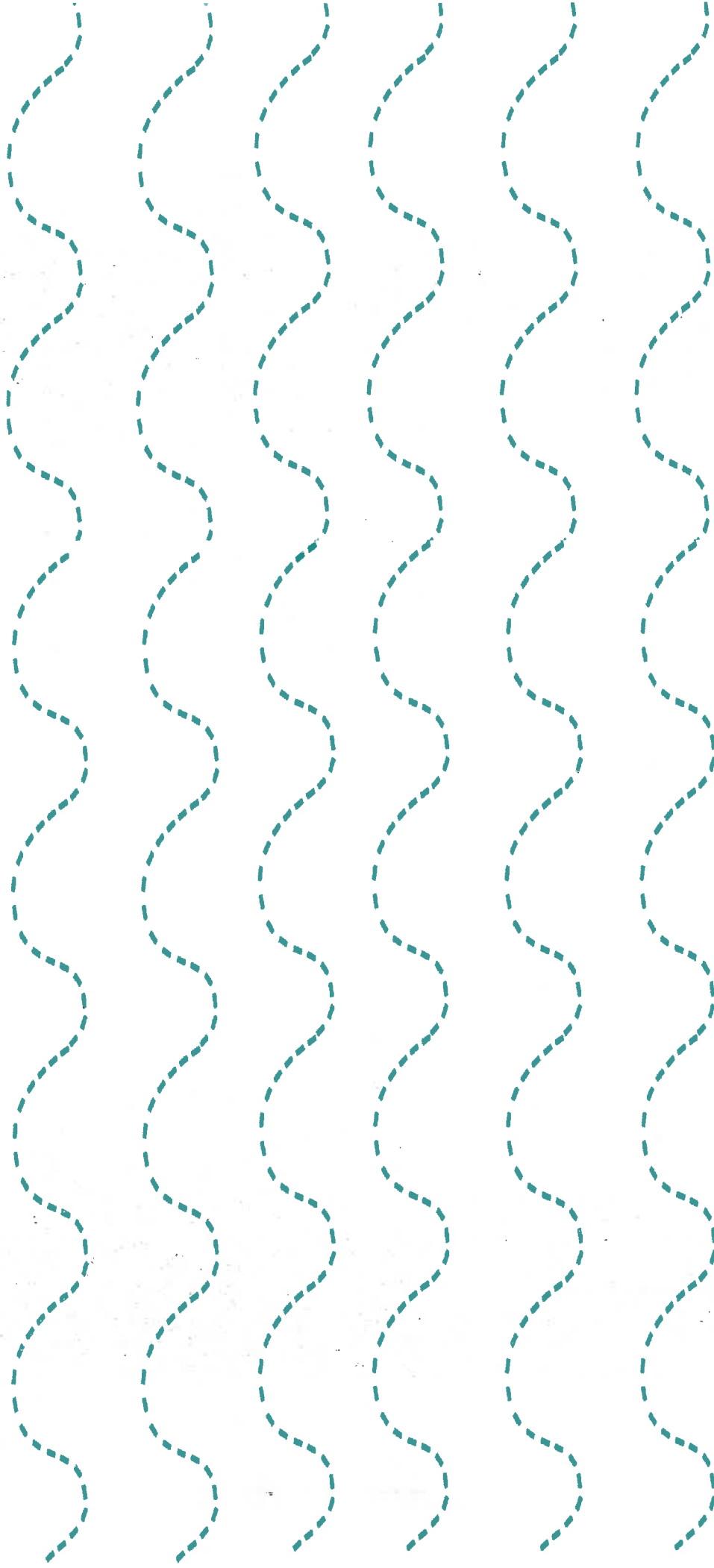
Use the word machine to read simple three letter words

https://www.starfall.com/h/word-machines/word_machine_e/

Find more phonics games here: <https://www.topmarks.co.uk/english-games/5-7-years/letters-and-sounds>

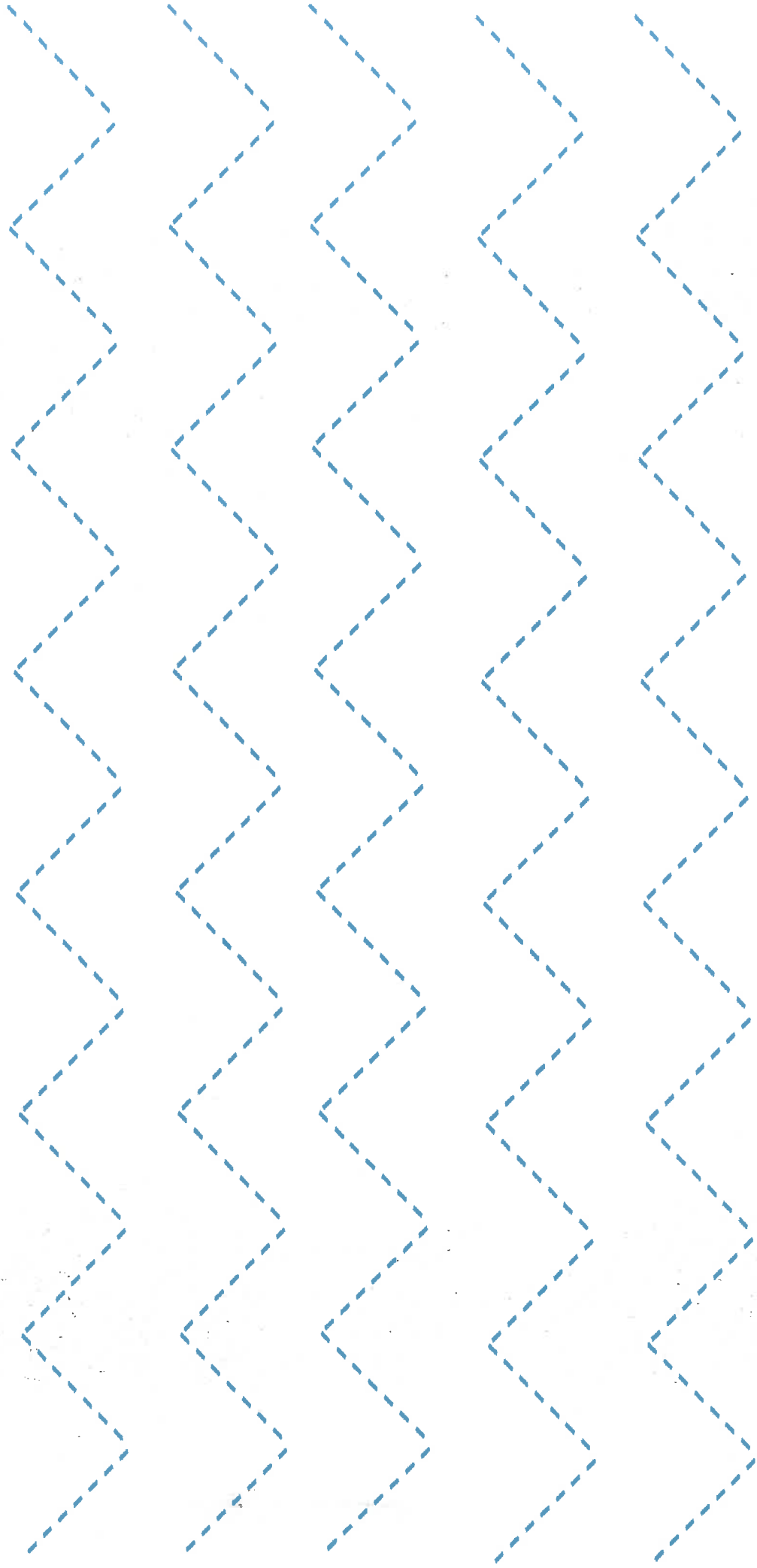
Cutting Skills

Cut around the shapes, but be careful!

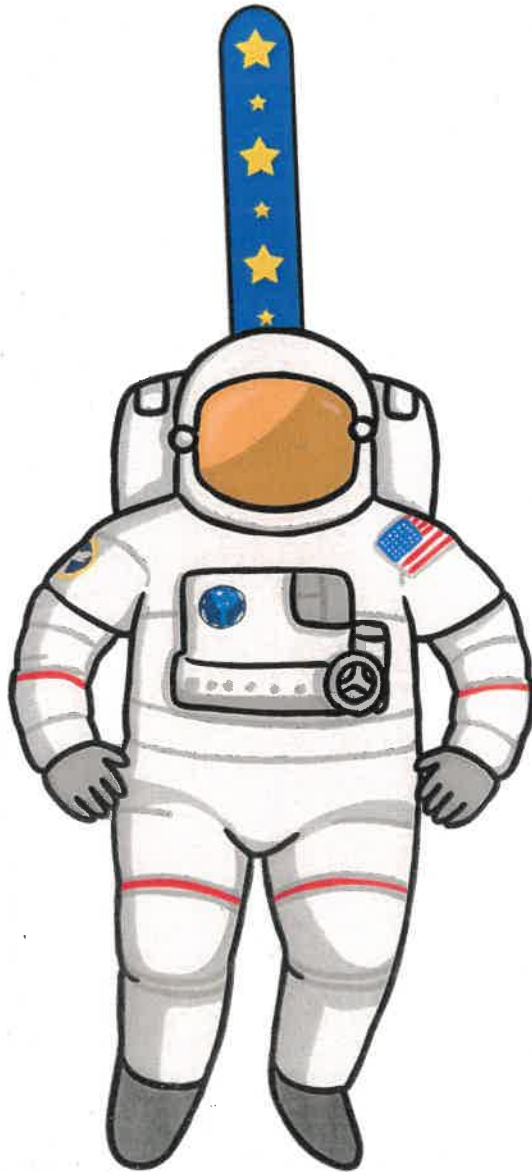


Cutting Skills

Cut around the shapes, but be careful!



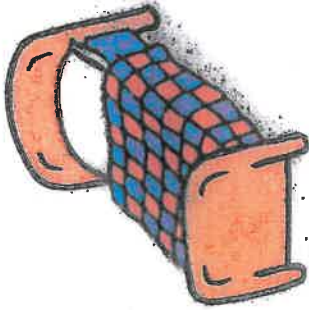
Cut out this spaceman or lady to
help remind you to use finger
spaces in your writing.



Paperchains Game 4



Paperchains Game 4



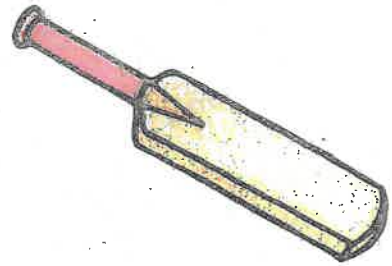
Paperchains Game 4



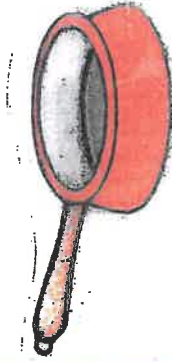
Paperchains Game 4



Paperchains Game 4



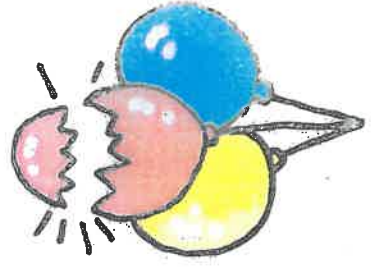
Paperchains Game 4

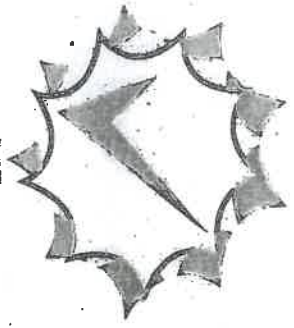


Paperchains Game 4



Paperchains Game 4





pig

bat

bed

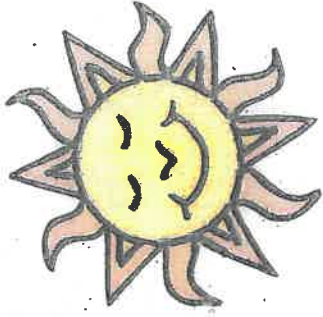
pin

pan

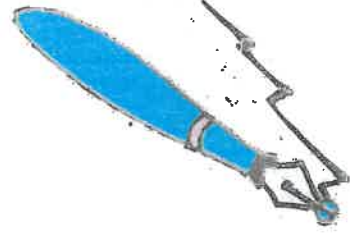
pop

bus

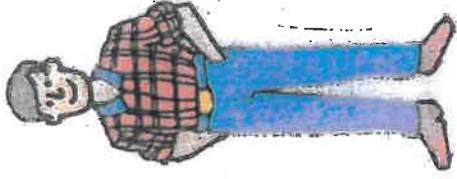
Paperchains Game S



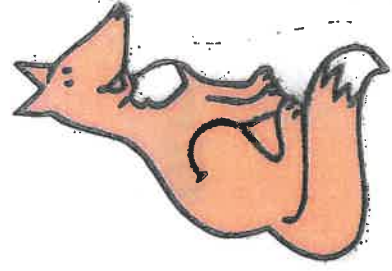
Paperchains Game S



Paperchains Game S



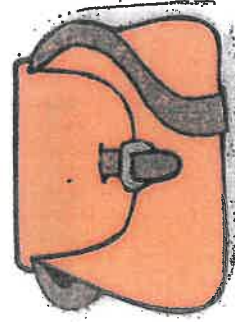
Paperchains Game S



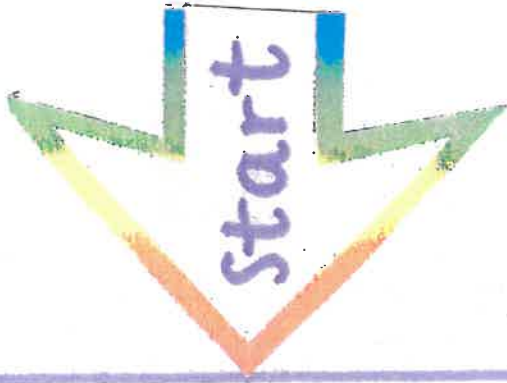
Paperchains Game S



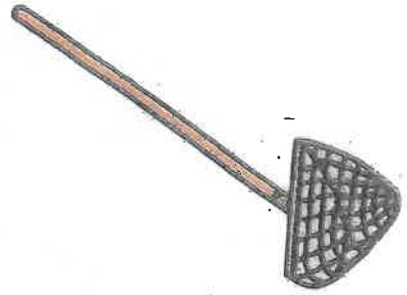
Paperchains Game S



Paperchains Game S



Paperchains Game S



pen

lip

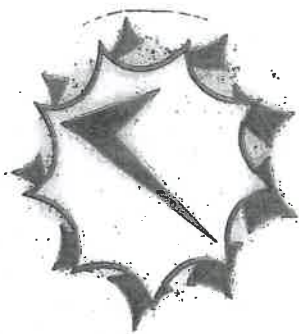
fox

bag

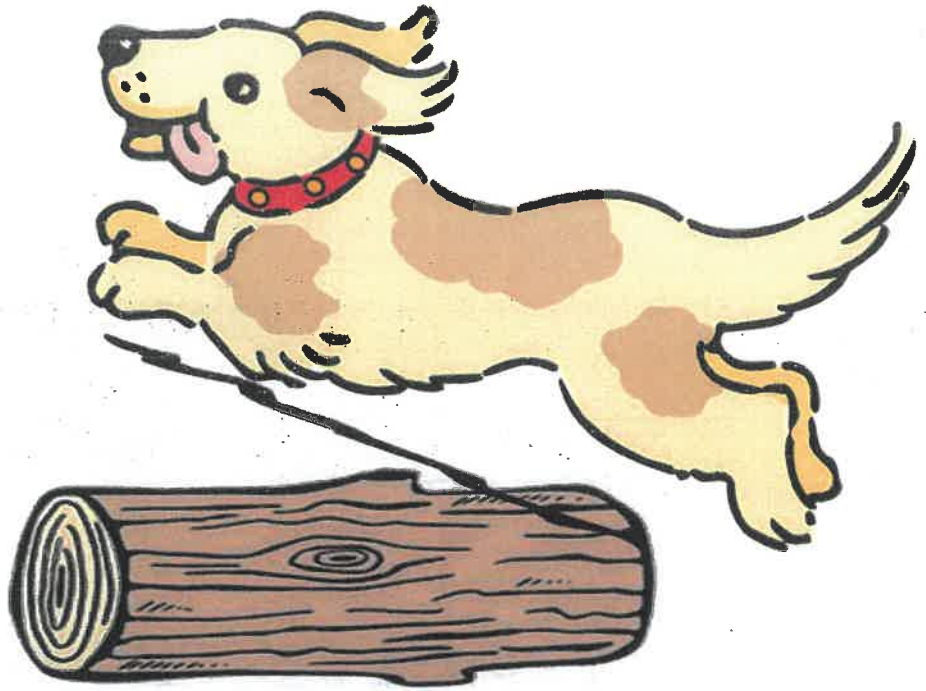
net

sun

man



Well done!



Ditty Sheet 5

Speed Sounds Recap:

g l o m p u j d n a c s

Green Words:

not can jump dog dogs log logs

Read the following phrases...

dogs can jump a log

logs can jump a dog

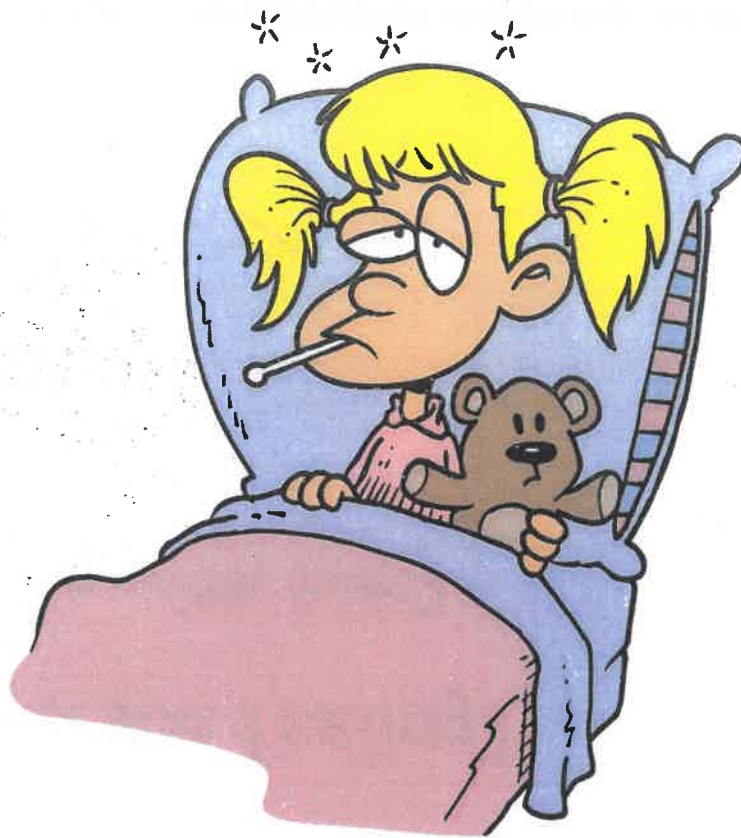
Answer the question(s)...

Which sentence makes sense?

Repeat this sentence...

Can a log jump a dog?

Well done!



Ditty Sheet 6

Speed Sounds Recap:

ll p d b m t e a i n s

Green and Red Words:

fed am up bed in is ill I

Read the following phrases...

I am in bed

I am ill

I am fed up

Answer the question(s)...

How is the person feeling?

What is wrong with him?

Repeat this sentence...

I am fed up and sick.

Well done!



Ditty Sheet 7

Speed Sounds Recap:

s h c r a u t n o p

Green and Red Words:

can run hop stop and I

Read the following phrases...

I can run

I can hop

I can stop

I can run and hop and stop

Answer the question(s)...

Where do you think this person is playing?

Repeat this sentence...

I can run and hop.

Well done!



Ditty Sheet 8

Speed Sounds Recap:

a u r h d f o t n m i

Green and Red Words:

red hot run am if I

Read the following phrases...

I am hot

I am red

I run!


























Answer the question(s)...

What else makes you hot and red?






























Repeat this sentence...

I am hot.


Rhymes for letter formation - taken from Read Write Inc.

<p>a</p>  <p>Around the apple and down the leaf.</p>	<p>b</p>  <p>Down the laces to the heel and around the toe.</p>	<p>c</p>  <p>Curl around the caterpillar.</p>	<p>d</p>  <p>Around the dinosaurs bottom, up his tall neck & down to his toes.</p>	<p>e</p>  <p>Lift off the top and scoop out the egg.</p>	<p>f</p>  <p>Down the stem and draw the leaves.</p>
<p>g</p>  <p>Around the girls face, down her hair and give her a curl.</p>	<p>h</p>  <p>Down the head, to his hooves and over his back.</p>	<p>i</p>  <p>Down the body and dot for the head.</p>	<p>j</p>  <p>Down his body, curl, dot for his head.</p>	<p>k</p>  <p>Down the kangaroo's body tail and leg.</p>	<p>l</p>  <p>Down the long leg.</p>
<p>m</p>  <p>Down Maisie, mountain, mountain.</p>	<p>n</p>  <p>Down Nobby and over his net.</p>	<p>o</p>  <p>All around the orange.</p>	<p>p</p>  <p>Down the pirates plait and around his face.</p>	<p>qu</p>  <p>Round her head, up past her earring, down her hair, and flick.</p>	<p>r</p>  <p>Down the robots back and curl over his arm.</p>
<p>s</p>  <p>Slither down the snake.</p>	<p>t</p>  <p>Down the tower, across the tower.</p>	<p>u</p>  <p>Down and under, up to the top and draw the puddle.</p>	<p>v</p>  <p>Down a wing, up a wing.</p>	<p>w</p>  <p>Down, up, down, up.</p>	<p>x</p>  <p>Down the arm and leg, repeat the other side.</p>
<p>y</p>  <p>Down a horn, up a horn and under head.</p>	<p>z</p>  <p>Zig-zag-zig.</p>				















Speed Sounds Set 1

m 	a 	s 	d 	t 
i 	n 	p 	g 	o 
c 	k 	u 	b 	f 
e 	l 	h 	sh 	r 
j 	v 	y 	w 	th 
z 	ch 	qu 	x 	ng 

Speed Sounds Set 2

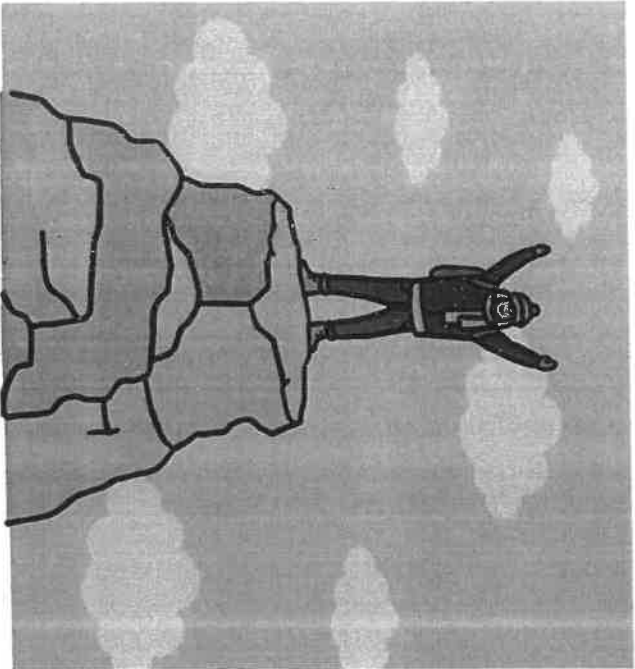
ay  may I play?	ee  what can you see?	igh  fly high	ow  blow the snow	oo  poo at the zoo
oo  look at a book	ar  start the car	or  shut the door	air  that's not fair	ir  whirl and twirl

Speed Sounds Set 3

ea  cup of tea	oi  spoil the boy	ou  shout it out	oy  toy for a boy	
ā-e  make a cake	ī-e  nice smile	ō-e  phone home	ū-e  huge brute	aw  yawn at dawn
are  care and share	ur  nurse with a purse	er  a better letter	ow  brown cow	ai  snail in the rain
oa  goat in a boat	ew  chew the stew	ire  fire, fire!	ear  hear with your ear	ure  sure it's pure



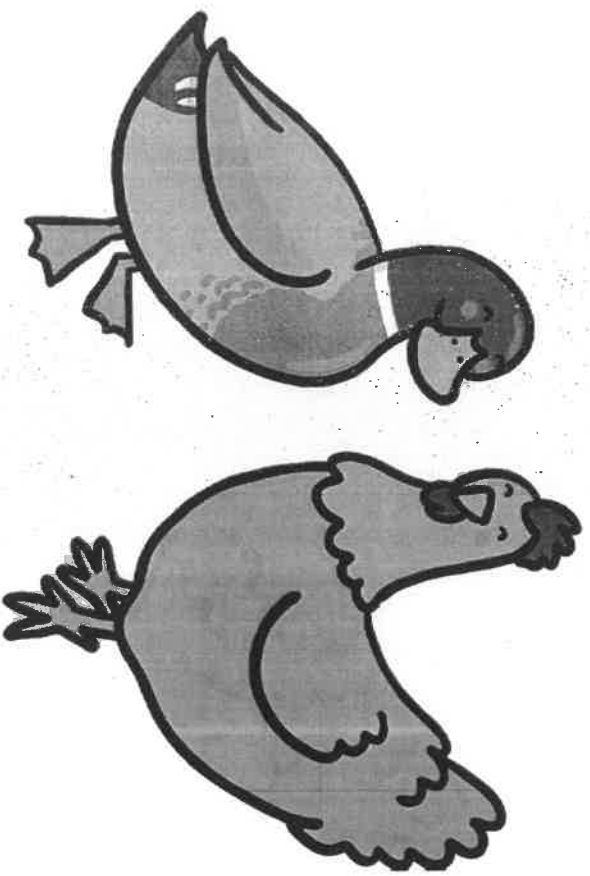
**a hug and a
kiss**



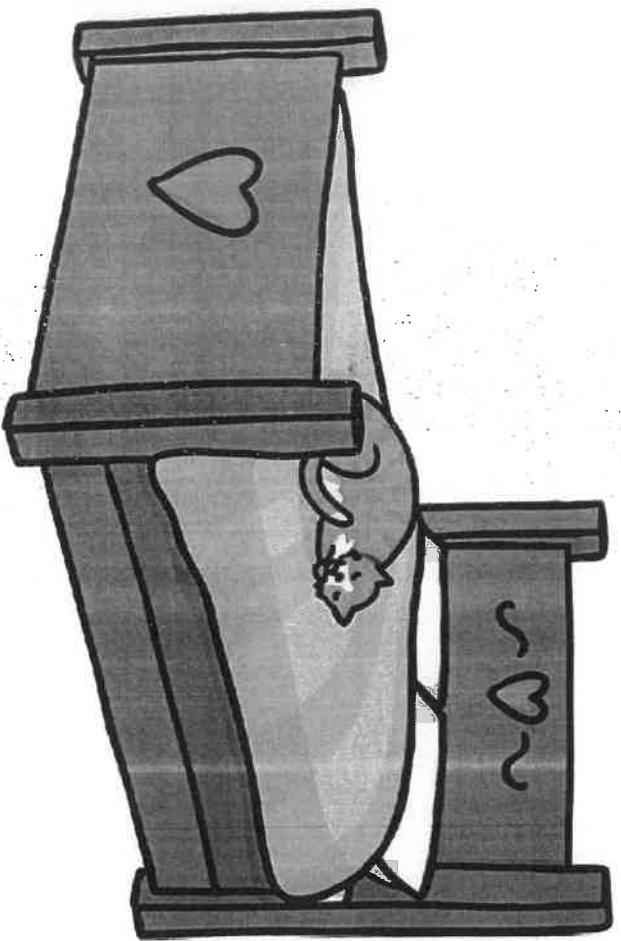
**on top of
the rock**



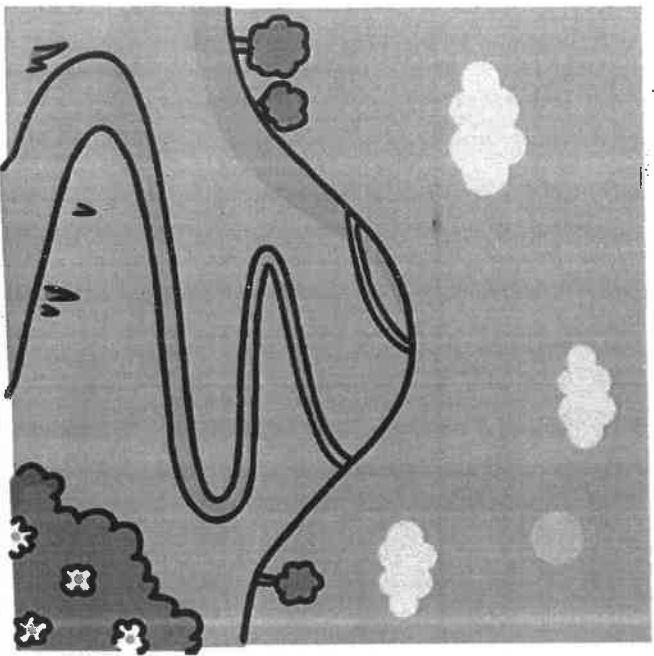
**sit back to
back**



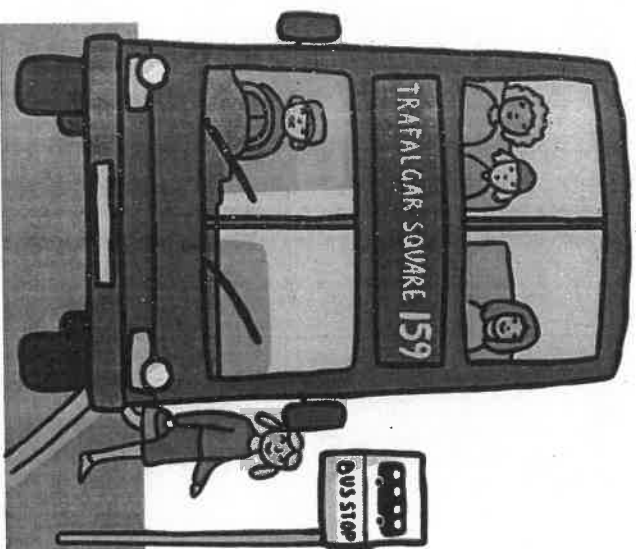
**a duck and
a hen**



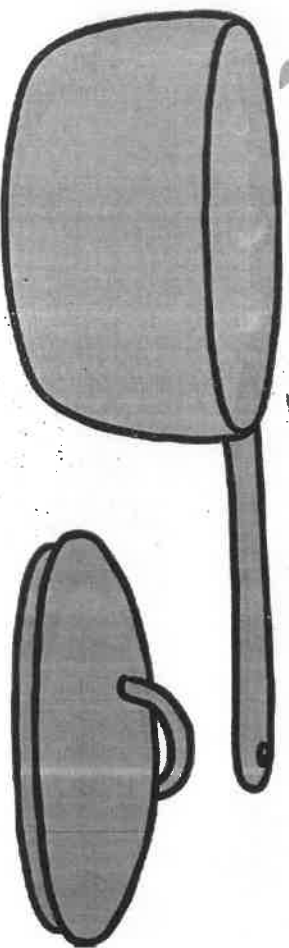
a cat on a
bed



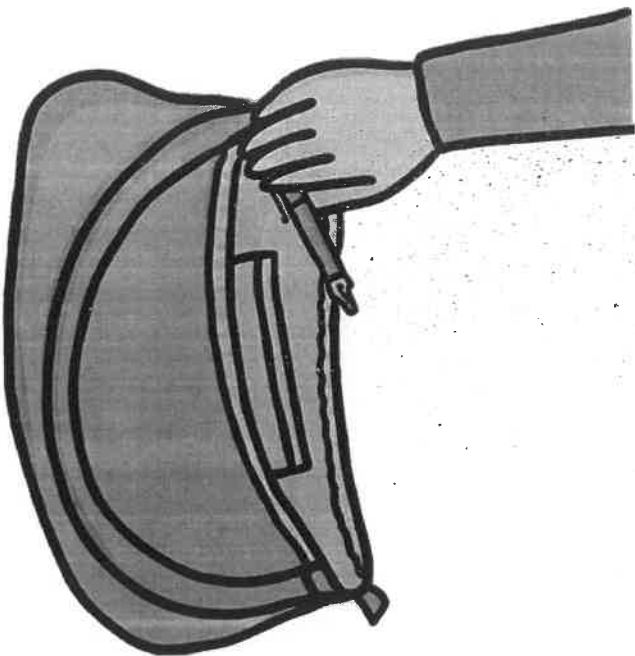
to the top of
the hill



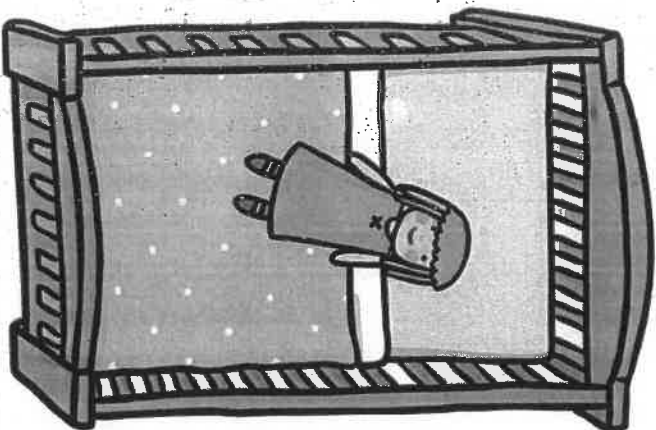
**get off the
bus**



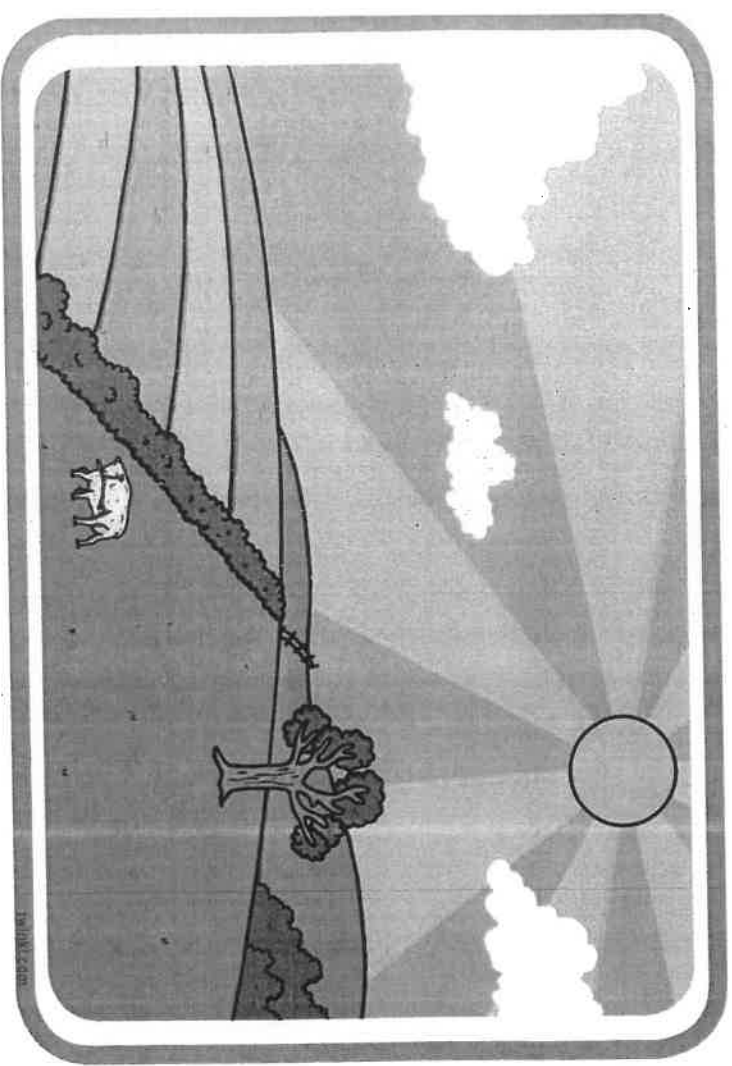
**no lid on
the pan**



**pack a pen
in a bag**



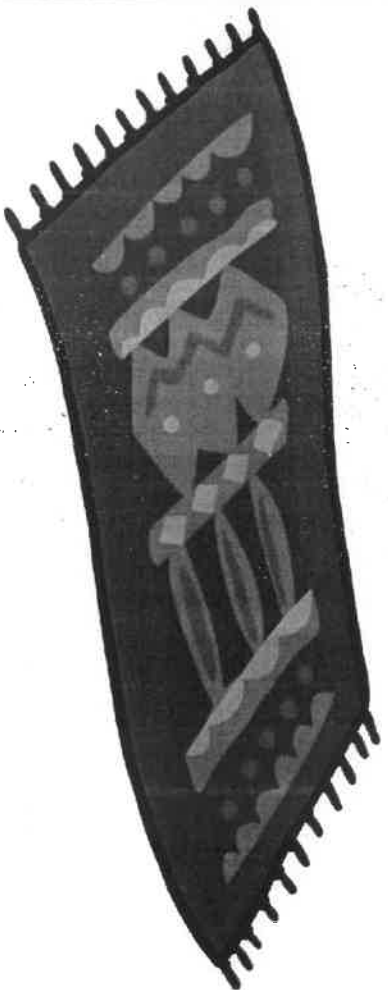
**a doll in a
cot**



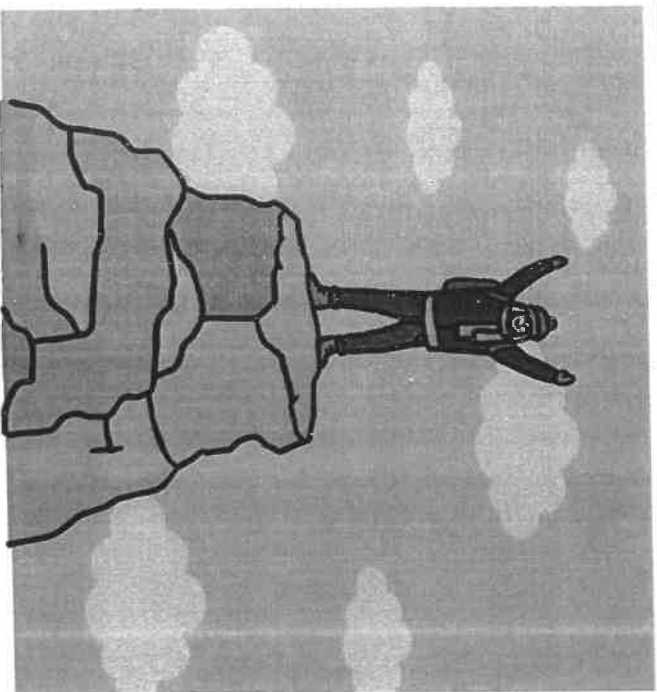
the sun
is up



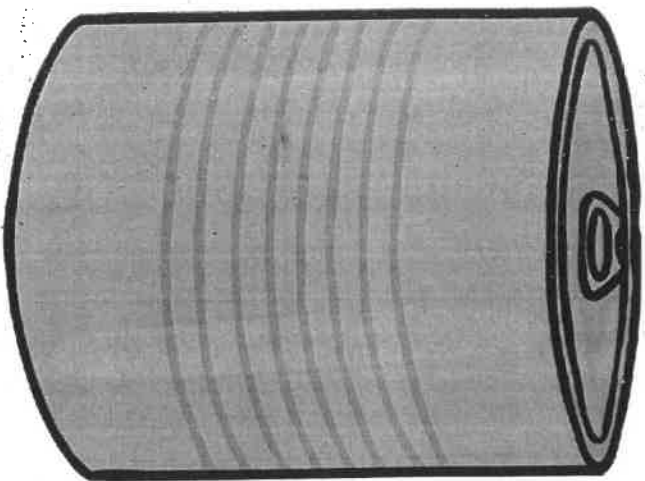
hop on a leg



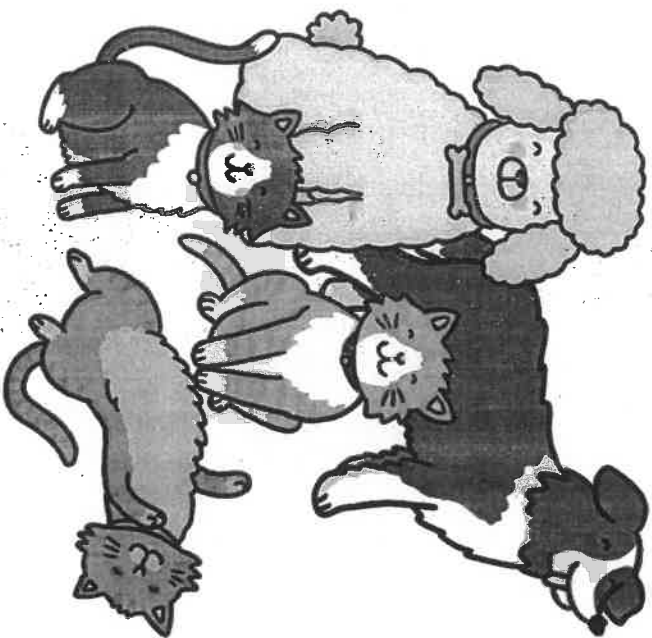
a red rug



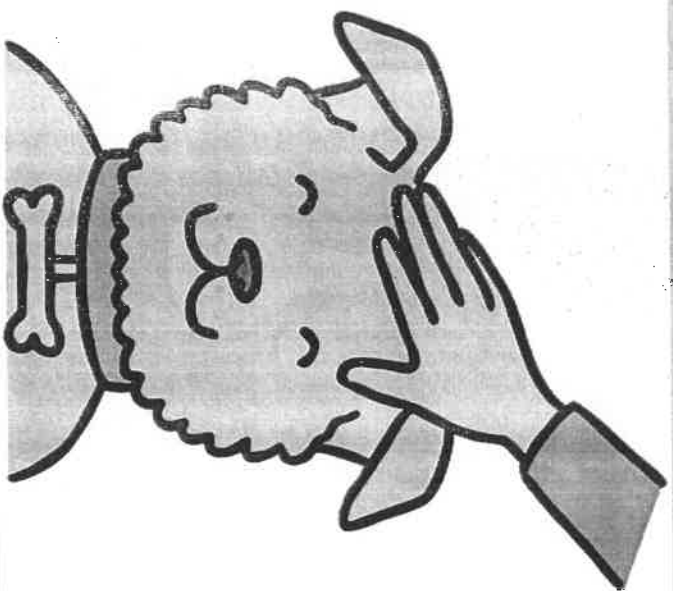
get to the
top



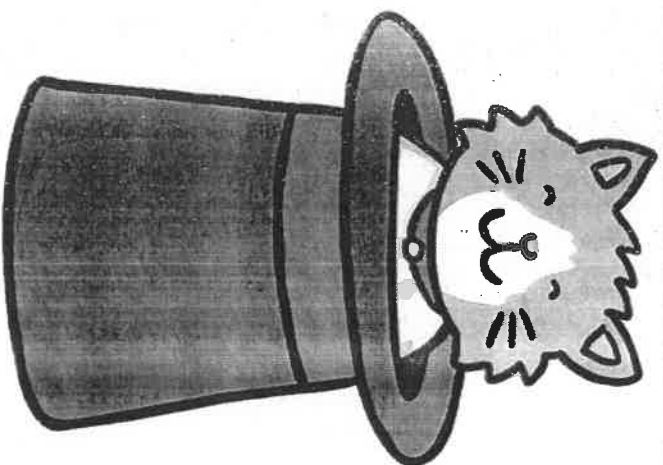
a tin can



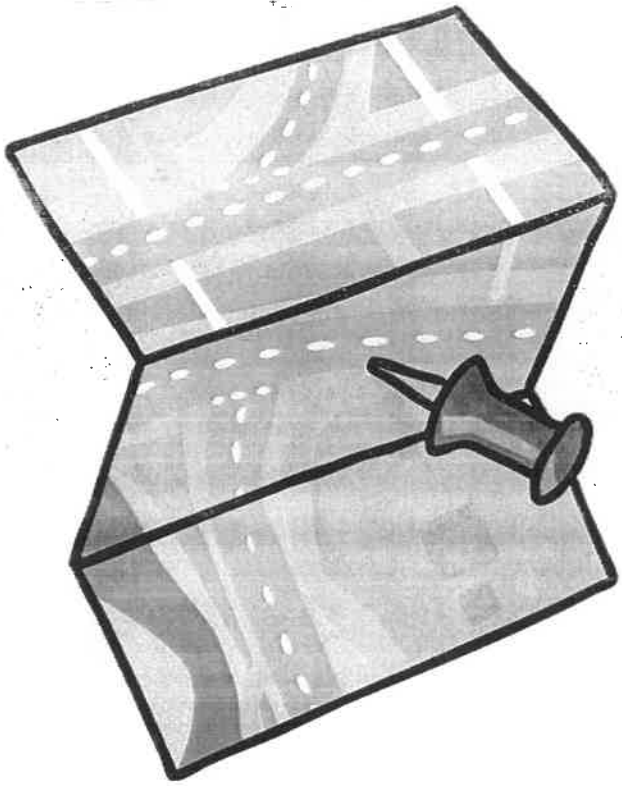
**cats and
dogs**



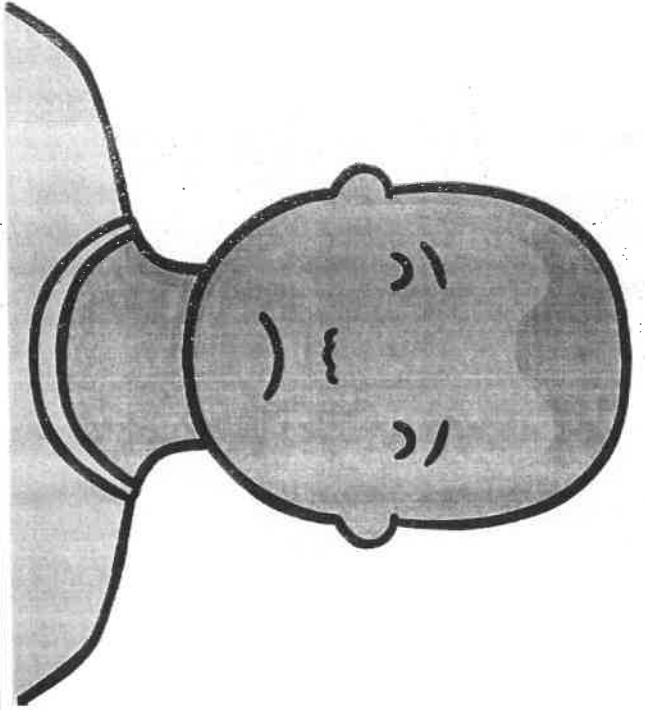
pat a dog



**a cat in a
hat**



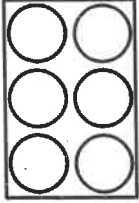


a pin on a
map

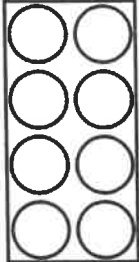
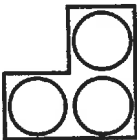



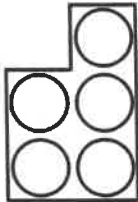
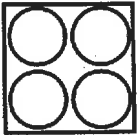

a sad man

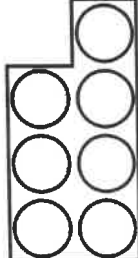
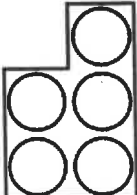

Number Shape Addition to 20

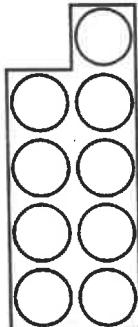


Use the number shapes to work out the answers to each addition question.

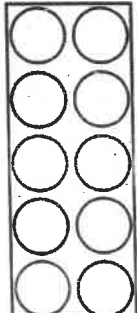

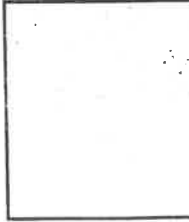
 $+$  $=$ 

 $+$  $=$ 

 $+$  $=$ 

 $+$  $=$ 

 $+$  $=$ 

 $+$  $=$ 

$$\begin{array}{|c|} \hline \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \\ \hline \end{array} + \begin{array}{|c|} \hline \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \\ \hline \end{array} = \square$$

$$\begin{array}{|c|} \hline \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \\ \hline \end{array} + \begin{array}{|c|} \hline \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \\ \hline \end{array} = \square$$

$$\begin{array}{|c|} \hline \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \\ \hline \end{array} + \begin{array}{|c|} \hline \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \\ \hline \end{array} = \square$$

$$\begin{array}{|c|} \hline \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \\ \hline \end{array} + \begin{array}{|c|} \hline \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \\ \hline \end{array} = \square$$

$$\begin{array}{|c|} \hline \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \\ \hline \end{array} + \begin{array}{|c|} \hline \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \\ \hline \end{array} = \square$$

$$\begin{array}{|c|} \hline \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \\ \hline \end{array} + \begin{array}{|c|} \hline \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \bigcirc \\ \hline \bigcirc \bigcirc \\ \hline \end{array} = \square$$

Number Shape Subtraction to 10

Use the number shapes to work out the answers to each subtraction question.

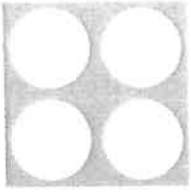
$$\begin{array}{|c|} \hline \begin{array}{c} \text{Number Shape 2} \\ \text{---} \end{array} - \begin{array}{c} \text{Number Shape 1} \\ \text{---} \end{array} = \end{array}$$

$$\begin{array}{|c|} \hline \begin{array}{c} \text{Number Shape 3} \\ \text{---} \end{array} - \begin{array}{c} \text{Number Shape 2} \\ \text{---} \end{array} = \end{array}$$

$$\begin{array}{|c|} \hline \begin{array}{c} \text{Number Shape 4} \\ \text{---} \end{array} - \begin{array}{c} \text{Number Shape 3} \\ \text{---} \end{array} = \end{array}$$

$$\begin{array}{|c|} \hline \begin{array}{c} \text{Number Shape 5} \\ \text{---} \end{array} - \begin{array}{c} \text{Number Shape 1} \\ \text{---} \end{array} = \end{array}$$

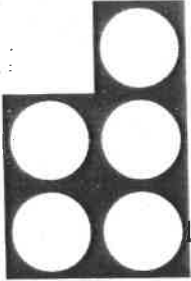
$$\begin{array}{|c|} \hline \begin{array}{c} \text{Number Shape 6} \\ \text{---} \end{array} - \begin{array}{c} \text{Number Shape 2} \\ \text{---} \end{array} = \end{array}$$



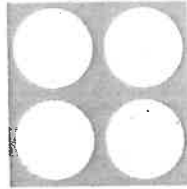
-



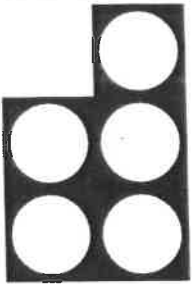
=



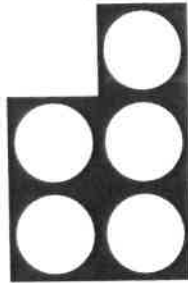
-



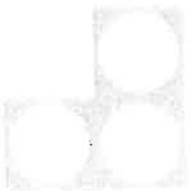
=



-



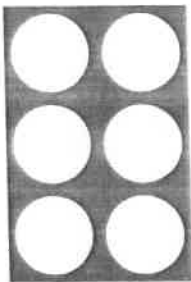
=



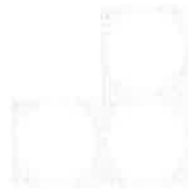
-



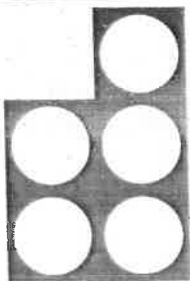
=



-



=

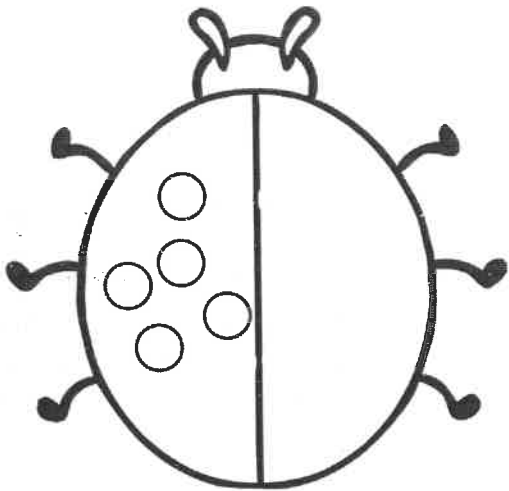


-

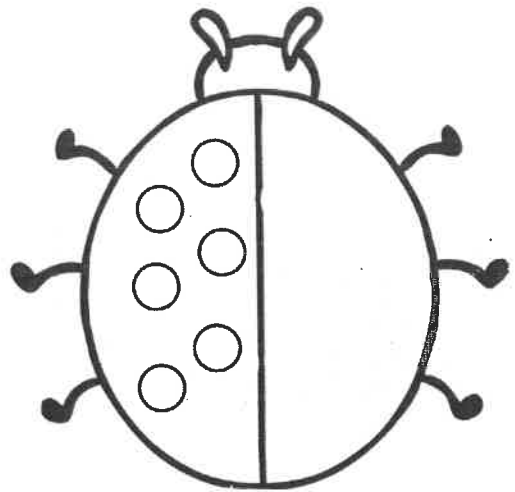


=

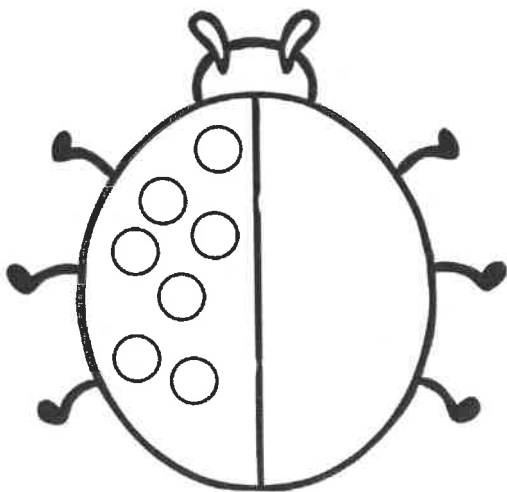
Ladybird Doubles



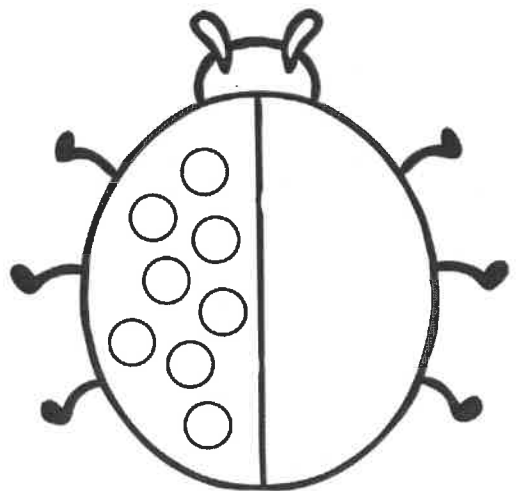
Double 5 is _____



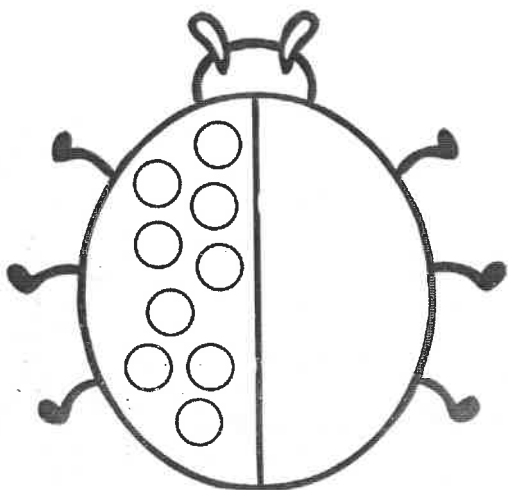
Double 6 is _____



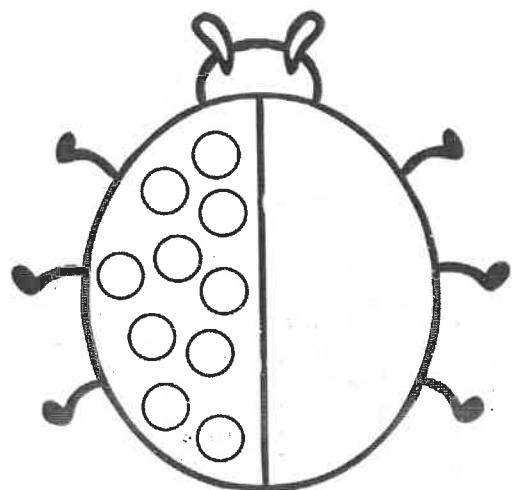
Double 7 is _____



Double 8 is _____



Double 9 is _____



Double 10 is _____

Mindfulness for younger children

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

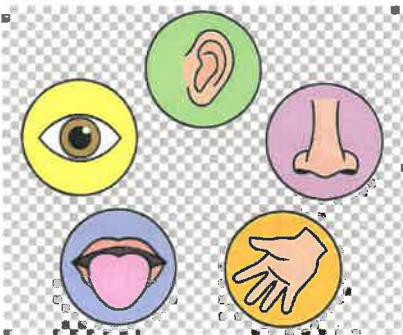
- Cosmic Yoga: All kinds of yoga built around all your favourite stories including We're going a bear hunt, Pokemon, Minecraft, Frozen, Harry Potter etc. A great use of active screen time
<https://www.youtube.com/user/CosmicKidsYoga>
- Make a 'den of peace' where you can retreat to if you are feeling worried or need some quiet time to reflect. Add teddies, cushions, blankets, books to make it welcoming.

- Do some mindfulness colouring
- Sit and spend some time doing a jig saw puzzle
- Feed the birds
- Listen to 'Spring' by Vivaldi. What does it make you think of?

https://www.youtube.com/watch?v=vLAnt9_5Mg

what can you see in this video?

- Listen to some calming music with a pen and some paper. Doodle on the paper as you listen to the music. How does this make you feel? Does different music change the way you doodle?



- Think about your 5 senses: name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste.

- Talk about what it means to be grateful. Come up with all the things that you are grateful for and write them on little pieces of paper. Each day reflect back on one of those little ideas together.

- The Mindful Jar: This activity can teach children how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.



-First, get a clear jar and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.

-Finally, use the following script or take inspiration from it to form your own mini-lesson:

"Imagine that the glitter is like your thoughts when you're stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That's why it's so easy to make silly decisions when you're upset - because you're not thinking clearly. Don't worry this is normal and it happens in all of us (yep, grownups too).

[Now put the jar down in front of them.]

Now watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions".



- Heartbeat Exercise: Paying attention to one's heartbeat has a role in many mindfulness exercises and activities. To begin, tell your kids to jump up and down in place or do jumping jacks for one minute.

When they have finished, have them sit down and put a hand over their heart. Instruct them to close their eyes and pay attention only to their heartbeat and, perhaps, their breath as well.



- Cut a circle out of paper plate and use string, thread, wool to weave a dream catcher for your room. If you can't get access to card or string, make one using natural objects such as twigs, leaves, long grass, feathers etc.





