

FS1 Home Learning Tasks – Week beginning Monday 13th July 2020

Writing

Big writing

Ask your grownup if you can have some large pieces of paper to practise your drawing and big mark making. If your grownup allows you could tape paper under a table and try writing whilst lying on your back or alternatively try taping lots of small pieces of paper together to make one very long piece. Can you draw whilst lying on your tummy? Can you make big marks along the paper?



We would love to see a picture of your drawings.

Number

Number spotting

When you're out and about together, look out for numbers. You might see some on the doors on your road, bus numbers, prices on food or car number plates. Can you spot any numbers that are the same as your age? If your grownup has a phone you could take photos of the numbers that you spot and look at them again together when you get home. Did you spot any of the same numbers?



We would love to see photos of the numbers that you spot around where you live.

Listening

A listening moment

When outside, sit or lay down for a minute and close your eyes. Listen to all the sounds you can hear. Can you hear any bees buzzing or birds singing?



Personal, social and emotional development

Finger breathing

This is a simple way to manage your breathing. It may help you to feel calm if you are feeling frustrated, sad or angry.

Open your fingers out on one hand like a star. Then take the pointing finger of your other hand and begin to trace around one side of your stretched out thumb. Continue this, going around each finger on your hand. Try to breathe in gently as you go along a finger, and breathe out slowly as you come down the other side of a stretched out finger. Breathing in and out slowly and distracting yourself with this finger exercise can help you to feel calm when 'big feelings' arise.

Please send us an email and let us know how you are getting on at home. We would love to hear from you.

Physical development

Yoga

Meet the 'Soapahero' in this special yoga session. This session looks at moving your body in different ways and it talks about why it is so important to wash your hands.



You can find the cosmic kids yoga session here:
<https://www.youtube.com/watch?v=5rymXdOwW68>

Speaking

Memories

Share some photos of when you were a baby with your family. Talk about your differences and what you can do now. How have you changed?

