QEGS BLACKBURN

EYFS Home Learning Project:

Mental wellbeing and mindfulness

This home learning grid has been designed in a different way. We are hearing more and more in the media about the mental health of our nation. This grid is to get pupils talking, reflecting and sharing with their family and friends during Lockdown. We challenge you to complete as many of the activities as possible, record them in your own way. You can tick them off as you do them if you wish

Maths and English have a more specific focus – try them all!

Maths

Oak Academies daily lessons
https://www.thenational.academy/online-classroom/reception#schedule

The challenge!
You need numbers 0-9 all cut up as number cards
1.Pick three cards with a total of 12.
You can do it in 10 different ways.
See if you can record them all.
2.Now pick four cards with a total of 12.
How many different ways can you do it?
3. Can you pick five cards with a total of 12?

Measuring
Draw around your foot, measure the around edge of the biggest room.
How big is the room in your feet?
Can you measure a different room and compare the difference?

Time to think
Can you order events during your day in order?
Think of all the things you do during the day; brush your teeth, have a shower, eat breakfast, lunch, go to bed, play etc.. and put them in order. You could draw them and add times if you can.

Money troubles
Can you recognise all the coins?
Can you make 10p in 5 different ways?
Try to draw these

English

Oak Academies daily lessons
https://www.thenational.academy/online-classroom/reception#schedule

Read 'Good Days and Bad Days During Lockdown' here
For each page write or tell someone:
1. What you think is happening?
2. How is each person feeling?
3. What are they doing to help themselves or not doing?

Challenge 1
Write a poem about the weather today
Draw a picture to go alongside this

Challenge 2
Draw a poster to help someone stay positive

•Daily phonics – Keep practising Phase 3 sounds and blending and segmenting words. There are plenty of games on Phonics Play.
•Practise reading and spelling Phase 4 tricky words – do, so, like, come, some, said, there, one, have, little, out, were, when, what.
•Remember to read a book each day.
Access https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/?view=image&query=&type=book&age_group=Age+3-4&level=&level_select=&book_type=&series=#

Say something nice to someone in your house and ask them to help you write it down to leave for someone else. ☐	Tell a story to someone on the phone or on video. ☐	Do a circuit like Mrs Bamber: Jumping x 1 minute Star jumps x 1 minute Running x 1 minute Hopping x 1 minute Rest x 3 minutes Repeat ☐	What happens when you make someone laugh? What happens when you laugh? ☐	Get a box, what can you do with it? ☐	Send a message on Class Dojo to your teacher and tell them how you are. ☐
NSPCC Speak out stay safe assembly should have been delivered in April. Think about how you feel safe. Think about Panatosaurus here Create a pair of pants ☐	Tidy your bedroom without being asked. ☐	Write a sentence every day for 7 days. ☐	Create a picture of how you feel using colours to show your mood. ☐	Lie in the garden and watch the clouds go by. After 5 minutes what were you thinking about? ☐	Find a quiet space and draw or colour something for 10 minutes. ☐
Have fun with food. ☐	Talk to someone every evening and tell them what you have done. What have they done today? ☐	Get a bucket or draw one. Make a bucket list for what you want to do when things go back to 'normal'. ☐	Spend 5 minutes looking out of the window, what do you see? ☐	Can you resist technology for 3 hours? No TV, no iPad, no phone, no laptop etc. What did you do instead? ☐	Draw a picture for one of your class mates who you haven't spoken to. ☐
What job do you want to do when you're older? Why do you want to do that job? ☐	Create a jar full of things you enjoy more now. ☐	Can you say a silly sentence with these words: Tree Slug Spinach Wheelchair Storm ☐	Get up early. Have breakfast. Have a shower. Brush your teeth. Put on clothes which make you feel good. Do your hair. Make yourself look good. Tell someone how this makes your feel throughout your daily activities. Do the next task (->) tomorrow. ☐	Get up late. Do not leave the house today. Have breakfast. Brush your teeth. Stay in your PJs until lunch. Have lunch. Get changed into lounge wear. Tell someone how this makes you feel today. Compare it to yesterday. Which is better? Why? ☐	When we go back to 'normal' pick only 2 things you really want to do and talk to someone in your house about why you miss them. ☐
Record how you feel for a whole week. ☐	Find an old toy you haven't played with for ages, can you play with it again? ☐	Finish this off in a positive way I am… ☐	Set a timer for 1 minute. Draw something, can anyone guess what it is in 30 seconds? ☐	Make a kindness box. Every time someone does something kind add it to the jar then collect and share them after one week. ☐	Make up your own exercise routine and get as many people to join in for 5 minutes – at home, in the park (2m away!), virtually… ☐