






Halesowen C of E Primary School

Home Learning

DATE: Week beginning 22.06.20

YEAR GROUP: EYFS

THEME/FOCUS: Mental health and Well being

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Can you move like the animals below? Take a rest between each one and see how many you can do.</p>  <p>FROG JUMPS Hop, hop, back and forth like a frog</p> <p>BEAR WALK Hands & feet on the floor, hips high - walk, left and right</p> <p>GORILLA SHUFFLE Sink into a low sumo squat, with hands on the floor, shuffle around the room.</p> <p>STARFISH JUMPS Jumping jacks as fast as you can, with arms and legs spread wide.</p> <p>CHEETAH RUN Run in place, as FAST as you can! Just like the fastest animal in the Sahara.</p> <p>CRAB CRAWL Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.</p> <p>ELEPHANT STOMPS March in place lifting your knees as high as you can and stomping the ground as hard as you can.</p> <p>After you have done those exercises your body will be very tired! Finally, for today find a soft toy such as your favourite teddy. Next, lay on your back with your hands by your side, placing your soft toy on your belly and feel it</p>	<p>Today you will think about the things which make you feel happy and excited, and things that can make you feel sad or worried. These can be things at home or at school.</p> <p>When grown ups send a message using our phones, we sometimes use “emojis”, these are the smiley or sad faces which you might have already seen.</p> <p>Using the faces below talking to a grown up to tell them what makes you feel like that emoji sometimes. If you have paper and crayons at home you can also draw these and around them pictures of things that make you feel happy/ sad/ worried.</p> <p>What makes you feel happy?</p>	 <p>Find a comfortable place to sit; this could be on the floor, on a chair or on your sofa. (You could do this before you sleep!)</p> <p>Look carefully at one of your hands. How many lines can you count? While you are counting the lines, carefully follow a finger over them.</p> <p>After you have done this, count your fingers on one hand.</p>	<p>There are lots of wonderful things in our world that help to make us all feel happy, excited and safe.</p> <p>Today you are going to go and find things that make you feel a certain feeling. Whilst you are on your hunt it would be lovely to talk to a grown up about why those things are special to you.</p> <p>Find something....</p> <ul style="list-style-type: none"> ● That makes you happy ● That smells amazing ● Which makes you laugh ● That is your favourite colour ● You like to have when you are feeling cold ● Which is special to you 	 <p>Make a dance routine to your favourite song. You could ask your siblings to get involved too, maybe even the grown ups!</p> <p>After you have performed your dance routine to your family. If you would like to show your teachers then you could ask someone to record it and e-mail it to your teachers so we can see too!</p> <p>EYFSandKS1@halesowen.dudley.sch.uk</p>



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moving up and down with your breaths.



What makes you feel sad?



What makes you feel worried or nervous?



Can you think of 5 people who help you when you are feeling sad or worried, at school and at home.

If you are doing this before bedtime, it would be lovely to listen to some of these sounds from the website below. Close your eyes, get comfortable and ready to sleep, then without talking listen to the sounds.

<https://www.bbc.co.uk/cbeebies/radio/calming-sounds?collection=mindfulness-for-children#playlist>

If you watch Cbeebies at home or have iplayer you could watch boogie beebies with Oti to keep dancing and learning new moves!

Cbeebies have an app called "go explore". If you would like more activities to do with your child based on feelings and mindfulness then you could visit this website or try to download the app at home.
<https://www.bbc.co.uk/cbeebies/grownups/go-explore-app-your-mindful-garden>