

Nursery Home Learning Week Beginning 27th April – People Who Help Us - Food

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Start the day with some physical exercise. You can try making shapes with your body, star jumps, hops and jumps or use a program such as Andy's Wild Workouts https://www.bbc.co.uk/programmes/p06tmmvz or try some Cosmic Kids yoga on https://www.youtube.com/user/CosmicKidsYoga</p>				
<p>Busy Fingers Carry on with asking your child to write their name. Use lots of different ways such as chalks, highlighters, felts pens, writing in sand, paint, water on the patio.</p>	<p>Busy Fingers We would also be focussing on smaller details in fine motor activities. Try threading with macaroni or small beads to make a necklace, thread string through a colander or sieve, use clothes pegs to peg up numbers written on paper or help hang out the washing. It is also important that your child learns to use a knife and fork. This takes time and will give them more independence when they have school dinners. Remember, their school dinners will be free from September! Encourage them to try to cut up their food and use a grown up knife and fork and at all times.</p>			<p>Busy Fingers Be a baker and make playdough. You could add herbs such as thyme or rosemary and make it into fun bread shapes.</p>
<p>Phonics Find things in your house beginning with the p sound.</p>	<p>Phonics Be a grown up robot. Imagine your hand is a button. When your child presses the button, you say a letter sound. See if they can find the letter that you have said by pointing to it in an alphabet (you could write out the whole alphabet or just a few letters for them to choose from). You could extend this by asking them to think of a word beginning with this sound.</p>	<p>Talking Time Talk about something that you have already done today. Encourage your child to answer the question – how. For example, how did you build that tower? If they find how questions tricky, give them a head start by saying “I built the tower with a... It is important that children learn to answer different types of questions.</p>	<p>Talking Time Would you rather be a cook or a delivery driver? It is important that children learn to negotiate and justify their thinking, listening to your ideas and taking them into consideration when building their own ideas. This is an opportunity to discuss any gender stereotypes that your child might have.</p>	<p>Phonics Put the letters i, n, m and d around the living room or garden. Say one of the letter sounds (mmm) and ask your child if they can run to that sound. You can make it more tricky by giving a word that starts with the sound instead of the letter sound.</p>
<p>People Who Help Us at Home Listen to the BBC podcast “People Who Help Us at Home”. Talk about the questions with your child, identifying the people who help us. You do not need to join in with the prayer at the end and can stop the recording before the prayer if you wish. You can find the podcast on https://www.bbc.co.uk/programmes/p01w52gq</p>	<p>Fun with Science Where does our food come from? Look at some of the food you have in your fridge. Talk about where it comes from and the journey it takes to get to your fridge and then in to your tummy. Who helps it to get there? You could also try planting some of your own seeds to grow food. If you don't have a garden, you could sprinkle cress seeds onto wet kitchen roll and watch them grow over a few days. If you have a map of the world or can look one up you could look at how far it has come. Coffee and tea come a long way!</p>	<p>Literacy Telling a story Be a delivery driver. Choose a method of transport, it could be your bike, your feet or a ride on vehicle and some food from your cupboards. Pack the food and deliver it to different rooms/people or toys in your house. If you can, take photos of your child while they are doing it.</p>	<p>Designing and making Design, make and deliver some food We are very aware that ingredients can be difficult to get at the moment so you might need to explain this to your child. Talk to your child about designing their own food like they do in real supermarkets. You could make cupcakes and ask them to think about what they would add to them (chocolate chips, blueberries, fudge chunks. banana); or design a fruit or vegetable kebab where they choose the ingredients; or pizza muffins (add tomato sauce to a breakfast muffin and then they choose the toppings before you grill them). Together, write a list of the ingredients that you will need. You could even write the recipe using some of the words you practised yesterday. Once you have made your food you could deliver it to someone in your household, your toys or even a friend or neighbour when you go out for your exercise (using social distancing).</p>	

Storytime

It is really important that children are read to everyday and that you discuss the stories. Try not ask too many questions but model how to talk about a book by making comments about characters or telling your child your favourite parts.

Literacy

Look at the photos or talk about what your child did as a delivery driver. You could draw the route that they took around the house to make a map for next time. Try and use the words "first", "next", "then" and "last". These are important words for their writing in Reception. You could mix the photos up and see if they can put them back in the correct order.

Storytime

There are some great stories online on Twinkl. Just go to <https://www.twinkl.co.uk/resources/parents> , click on 3-5 years old and click on books. The twinkl parents code is CVDTWINKLHELPS