

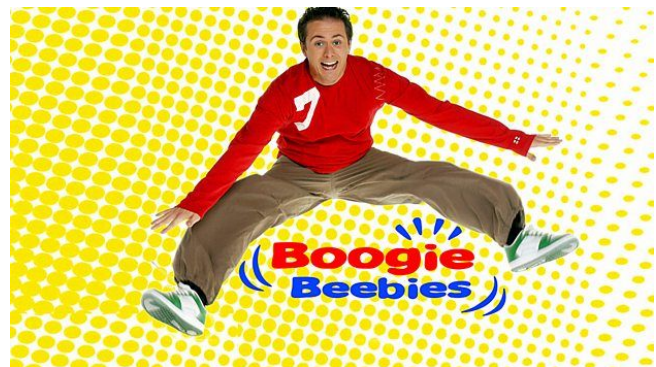
Feel good Friday! 05/06/20

Dear Parent/Carer,

The Reception team hope that you and your children are safe and well. Here are some ideas and suggestions for a great day with your child.

Wake and Shake (10 minutes max)

- Let's learn about exercising!
- Exercising is when you do a physical activity so your body can stay fit and healthy.
- Try some of these at home today!
- You could also join Joe Wicks on youtube every day at 9am he will take you through a PE session. Click the link to join in. <https://www.youtube.com/watch?v=K6r99N3kXME>



Click on the website and have a dance!

<https://www.bbc.co.uk/programmes/b006mvsc>

People who help us:

There are many people with special jobs who help us. Some help us when we are unwell or hurt, others help us when we are lost or in trouble. Can you think of what each of the following people do and how they help us? Doctors, police, paramedics, vets, teachers.

This week you have been learning about paramedics and firefighters.

Answer the questions below - remember to read the fact files if you need help!

Quiz time!

1. **What number do you call in an emergency?**
 - a) 999
 - b) 123
 - c) abc

2. **What do paramedics travel in?**
 - a) hot air balloons
 - b) ambulance
 - c) roller skates

3. **What colour are the flashing lights?**
 - a) pink
 - b) all the colours of the rainbow
 - c) blue

4. **Which service do you ask for if there is a fire?**
 - a) fire brigade
 - b) restaurant
 - c) vet

5. **Where does an ambulance take you?**
 - a) hospital
 - b) McDonalds
 - c) park

6. **Why do firefighters wear a helmet?**
 - a) so their hair does not get messed up
 - b) it makes them look cool
 - c) to protect their head

7. **Why do paramedics and firefighters wear bright/reflective uniforms?**
 - a) so they can be seen in the dark
 - b) it's in fashion
 - c) all their friends are wearing it

8. **When should you call 999?**
 - a) you can't find your toy
 - b) there's an emergency
 - c) you want a bedtime story

9. **What does a firefighter wear?**
 - a) a sparkly dress
 - b) a space suit
 - c) steel toe boots, helmet, gloves, breathing apparatus

Snack time:

Go nuts for yoghurt doughnut apples!!



Make this quick and easy snack in no time!

Ingredients:

- An apple
- Fruit yoghurt of your choice
- Toppings of your choice (cereal, chopped fruit, dried fruit, chocolate chips)

Method:

1. remove the core of the apple.
2. lay the apple on its side and slice into rings to resemble a doughnut.
3. 'ice' the rings with fruit yoghurt.
4. add toppings of your choice.
5. enjoy!

Mathematics : Let's sing a number rhyme

Choose the number song you want to sing today.

<https://www.bbc.co.uk/programmes/b03g64rd/clips>

Lets count to 20. Tap your knees as you count forward to 20

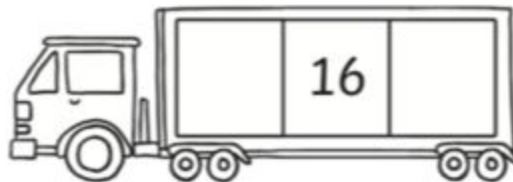
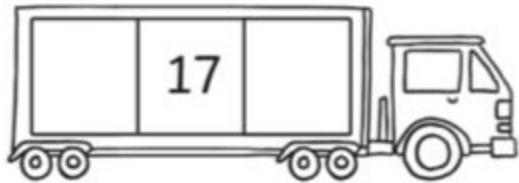
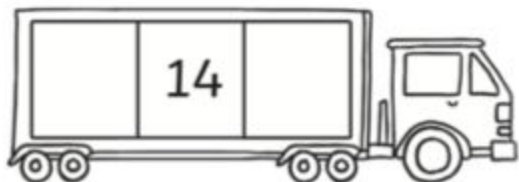
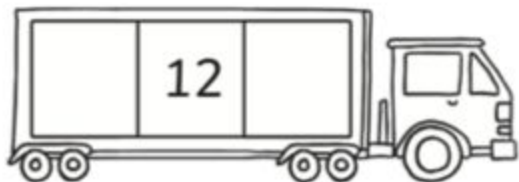
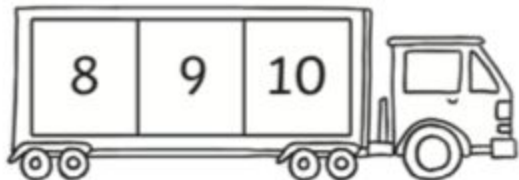
Clap your hands together as you count back from 20 to 0

Now have a go at these maths activities.

One More, One Less

Number Writing Sheet

Write the numbers that come before and after.



Additional activities to do daily

- Correctly write your name using a capital letter for the first letter only.
- Learn to read and write these tricky words: he, she, we, me, be, are, to, do, so, with, then, was
- Practise your handwriting- make sure you are forming your letters and numbers correctly.
- Read your books.

Storytime



Click on the link to read a story together with your grown ups.

<http://www.kizclub.com/storytime/foxncrow/fox1.html>

When you're sharing a story together ask why your child thinks something has happened, what might happen next or how they think the story might end?

- Use different voices, like loud voices or squeaky voices, when we're telling stories.

Let your child play with their toys and take a break!

Let's make a lava lamp!

Today we are going to be making a lava lamp..



Things you will need:

- A clear bottle (preferably tall and thin)
- water
- oil
- food colouring
- baking soda

1. Put 2 or 3 heaped tablespoons of baking powder (bicarbonate of soda) into a tall jar.
2. Fill approximately one-quarter with cold water.
3. Add a drop of food colouring and give the mixture a swirl. Don't worry if the baking powder doesn't all dissolve.
4. Carefully pour in cooking oil until the jar is about three-quarters full.
5. Pour in about a tablespoon of vinegar or lemon juice. What happens?

Please practise writing all the letters and numbers everyday.

a b c d e f g h i

j k l m n o p q r

s t u v w x y z

1 2 3 4 5 6 7 8 9 10

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1 2 3 4 5 6 7 8 9 10

