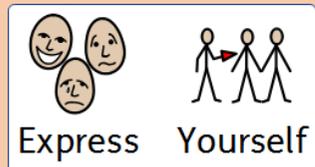




## Home learning for 1/2/21- for Discovery learners

### Express Yourself



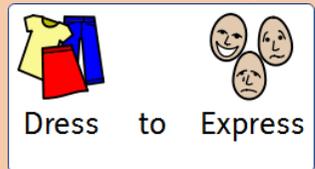
This year, the theme for Mental Health Week for children is 'Express Yourself'. Please find below a menu of options that you could do at home to embrace the theme 'Express Yourself'. There are two choices to choose from in each section. The sections have been selected based on their proven benefits to Mental Health for adults and children alike.

On Friday 5<sup>th</sup> February, the children in school will be invited to dress up in the theme 'Dress to Express'. We would love our home learners to be involved in this too! Why not dress up at home in a way that allows you to Express Yourself- the more expressive the better! If you do take part, we would love to see a picture- please send to [adminoffice@heathfield.hants.sch.uk](mailto:adminoffice@heathfield.hants.sch.uk) when you are 'Dressed to Express!'

Please find below a link for parents and carers with more information.

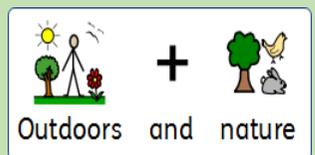
<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>

### Dress to Express



### Have fun!

### Outdoors and Nature



#### Garden in a tray



Use an empty plastic food tray or fruit punnet and make your own miniature garden using whatever natural things you can find in your garden or on a walk. You can use empty food boxes for shelters or even a house.

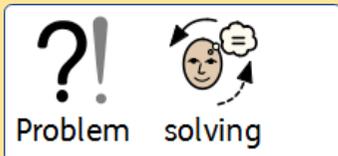
#### Nature bracelets



Being outside is good for our Mental Health. Go for a walk around your local area and collect some natural things and as a memory of your time together design a bracelet from the things that you find.

## Home learning for 1/2/21- for Discovery learners

### Problem Solving



#### Laser Web



Create your own Laser Web using string or crepe paper. Design your Laser Web then try to get from one end to the other without touching or breaking the web. Can you beat your best time? Send us your pictures when you are finished and perhaps you will see your picture in the newsletter!

[adminoffice@heathfield.hants.sch.uk](mailto:adminoffice@heathfield.hants.sch.uk)

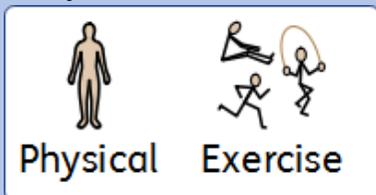
### Spaghetti and marshmallow tower



Problem-solving tasks can be a challenge but working together can be very rewarding. Can you build a tower or building using only dry spaghetti and marshmallow? Send us your pictures when you are finished and perhaps you will see your design in the newsletter!

[adminoffice@heathfield.hants.sch.uk](mailto:adminoffice@heathfield.hants.sch.uk)

### Physical Exercise



#### Learn to Dance- Dance n' beats Lab-



<https://www.youtube.com/user/DanceandBeatsLab>

Express yourself through Dance using this fun Dance channel on You Tube. There are lots of different dances you can learn with different themes.

### Tug o' war or Football Keepie-Uppies

Physical Exercise is good for the Mental Health of Adults and children. Challenge yourself to a Tug o' War with your parent, or how many Keepie-Uppies you can do. Practice makes us stronger- how many more can you do when you have been practicing? Keep record of your score and see if you can improve each day!

**Home learning for 1/2/21- for Discovery learners**

**Arts and Crafts**



Splodge or Flick Art



Everyone can be an artist with this type of Expressive Art! The emphasis is on expression rather than creating a picture so wrap up warm, go outside and have fun creating a it of beautiful art! There is a nice story on YouTube called 'The Dot' which would introduce this art form very nicely.  
<https://www.youtube.com/watch?v=Clpw7PG7m1Q> 'The dot'

Potato Character



Make a character out of a single potato. Get to know your potato or balloon: recognise its features; make it a home, and give it a name. Maybe you can make a family of potato characters!

**Sensory Experiences**

Cloud dough



1-5 Senses



Connecting with our environment can be very rewarding, especially when

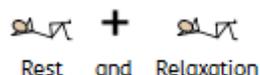
## Home learning for 1/2/21- for Discovery learners

 <p><b>Sensory</b></p>	<p>Making playdough doesn't have to be complicated- here is a 'No cook' recipe using body lotion which makes it smell and feel amazing;  <a href="https://www.thebestideasforkids.com/cloud-dough/">https://www.thebestideasforkids.com/cloud-dough/</a></p>	<p>you stop and take the time to experience it fully. Sit down quietly for 3- 5 minutes. Can you use your senses to discover;</p> <ul style="list-style-type: none"> <li>1 thing you can taste</li> <li>2 things you can smell</li> <li>3 things you can touch</li> <li>4 things you can hear</li> <li>5 things you can see</li> </ul> <p>You can also complete this exercise in the woods, in the garden or at the park and compare what you experience in each place.</p>
<p><b>Cooking</b></p>  <p><b>Cooking</b></p>	<p><u>I can Cook- kids Craft Channel on You Tube</u>  <a href="https://www.youtube.com/watch?v=xPh4sCWb8_">https://www.youtube.com/watch?v=xPh4sCWb8_</a></p> 	<p><u>Bread in a bag</u>  <a href="https://busytoddler.com/2018/03/make-bread-bag-kids/">https://busytoddler.com/2018/03/make-bread-bag-kids/</a></p> <p>Did you know you can make bread in a ziplock bag? Find the link to a recipe above.</p>
<p><b>Being Together</b></p>  <p><b>Being together</b></p>	<p><u>Turn taking games</u>          Perfect for a wet day. Take out one of the family games at the back of your cupboard and play it together. Make some popcorn and make an afternoon of it! Some good ones are Crocodile Dentist, Snakes and Ladders and Buckeroo.</p>	<p><u>Using technology</u>          Arrange a video call on Zoom or Whatsapp with someone who you haven't seen in a while that you miss. Technology can be a good substitute for face-to-face contact at the moment.</p>



## Home learning for 1/2/21- for Discovery learners

### Rest and Relaxation



#### Story Massage



Massage can be relaxing and help us to be still and quiet. Story massage can be great to help us listen to the story and have a massage at the same time. Below are some free examples of how to complete story massage, and there are lots more on the website too.

<https://www.storymassage.co.uk/free-story-massage-resources/>

<https://www.storymassage.co.uk/old-macdonald-had-a-farm/> Old McDonald had a farm

<https://www.storymassage.co.uk/hickory-dickory-dock/> Hickory Dickory Dock

<https://www.storymassage.co.uk/five-little-speckled-frogs/> 5 Speckled frogs

#### Mindfulness

Create a still, quiet place like they did in the video.

What would you see?

What colours are there?

How does it feel there?

What do you do there?

<https://www.youtube.com/watch?v=GIJn5XhqPN8>

#### Go noodle- Flow series

<https://www.youtube.com/watch?v=fTzXFPh6CPI>

Go Noodle Flow have a lot of quiet, calming activities for Children. Do them together with other family members.

### Music and emotions

#### Drawing to music

Drawing to music- choose a piece of music and children to free draw in response to this. Music can be picked with an emotion in mind- some examples below. Compare the different art work that is created in response to different

#### Make a Mini banjo



## Home learning for 1/2/21- for Discovery learners

<div data-bbox="112 295 398 450" data-label="Image"> <p>Music and emotions</p> </div>	<p>music pieces- what do you notice about the lines/ colour you have used?</p> <p><u>Yellow- Excitement- Flight of the Bumblebee</u>  <a href="https://www.youtube.com/watch?v=M93qXQWaBdE">https://www.youtube.com/watch?v=M93qXQWaBdE</a></p> <p><u>Fear- In the Hall of the Mountain King</u>  <a href="https://www.youtube.com/watch?v=gSY-wD4I5DM">https://www.youtube.com/watch?v=gSY-wD4I5DM</a></p> <p><u>Blue- sad</u>  <a href="https://www.youtube.com/watch?v=SWZ4uXERcJk">https://www.youtube.com/watch?v=SWZ4uXERcJk</a></p> <p><u>Green- Joy- Turkish March</u>  <a href="https://www.youtube.com/watch?v=qsoBpBuhb5o">https://www.youtube.com/watch?v=qsoBpBuhb5o</a></p> <p><u>Green- Can Can</u>  <a href="https://www.youtube.com/watch?v=MQiHzXZsxQo">https://www.youtube.com/watch?v=MQiHzXZsxQo</a></p>	<div data-bbox="1272 295 1559 483" data-label="Image"> </div> <p>Make a mini banjo. All you really need is some elastic bands (or ideally loom bands), a lollipop stick and a jar lid.</p>
<div data-bbox="91 722 501 1074" data-label="Section-Header"> <h3>Emotions and stories</h3> </div> <div data-bbox="112 858 398 1013" data-label="Image"> <p>Emotions and stories</p> </div>	<p>Anger- <a href="https://www.youtube.com/watch?v=dNfd8WFDBAY">https://www.youtube.com/watch?v=dNfd8WFDBAY</a> 'When Sophie gets angry'</p> <p>Anxious- <a href="https://www.youtube.com/watch?v=vOjvgogAtwU">https://www.youtube.com/watch?v=vOjvgogAtwU</a> 'Lena's shoes are nervous'</p> <p>Missing people and loneliness- <a href="https://www.youtube.com/watch?v=2rZNTFf35Aw">https://www.youtube.com/watch?v=2rZNTFf35Aw</a> 'The invisible string'</p> <p>Fear <a href="https://www.youtube.com/watch?v=vRaDZ5zbNAG">https://www.youtube.com/watch?v=vRaDZ5zbNAG</a> 'What was I scared of' by Dr Zeuss</p> <p>General emotions- <a href="https://www.youtube.com/watch?v=M-6W6yk5gb4">https://www.youtube.com/watch?v=M-6W6yk5gb4</a> 'The colour monster'</p>	