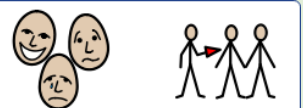

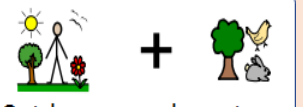


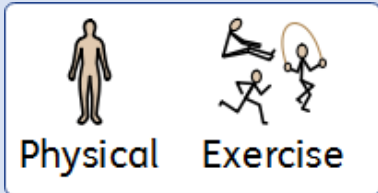


Home learning for 1/2/21- for Enquiry learners

| | | |
|---|---|--|
| <h3>Express Yourself</h3>  <p>Express Yourself</p> | <p>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.</p> | |
| <h3>Dress to Express</h3>  <p>Dress to Express</p> | <p>On <u>Friday 5th February</u>, 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 when you are 'Dressed to Express'!</p> <p>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/</p> <p>Have fun!</p> | |
| <h3>Outdoors and Nature</h3>  <p>Outdoors and nature</p> | <p>Nature I Spy - see activity sheet below</p> <p>Make a bird feeder - see below for recipe</p> | <p>Mindful walks, walking in green, open spaces and fresh air helps boost mood. Link shows walks in under 60 minutes around Fareham and Gosport. https://www.familiesonline.co.uk/local/fareham-gosport/in-the-know/beautiful-walks-in-under-60-minutes-around-fareham-and-gosport</p> |

Home learning for 1/2/21- for Enquiry learners

Physical Exercise



10 Minute Shake Up games

Change4Life and Disney have some play-along games inspired by favourite Disney and Pixar characters. These 10-minute bursts of fun will really get children moving and count towards the 60 active minutes they need every day!

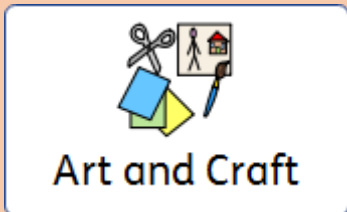
<https://www.nhs.uk/10-minute-shake-up/shake-ups>

Boogie Beebies

Dance and sing with Boogie Beebies. Have fun with different themes, including Hey Monkey, Do the Dino, Fruit and Vegetables.

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

Arts and Crafts



Painting is a fun, messy, absorbing, colourful, sensory and liberating activity - no wonder children enjoy it so much.

Here are just a few ideas:

1. Finger painting

Fingers, hands and feet (for the ultimate sensory painting experience)

2. Sponges and rollers

Use sponges and rollers to give different effects.

3. Stamps

Use either bought stamps (e.g. foam printing sets), or homemade stamps (eg carved potatoes) or natural stamps (e.g. pine cones, leaves)

4. Bubble wrap

Have fun with the different effect that bubble wrap can create, use it to paint fish scales or add textures.

5. Rolling toys

Marbles, toy cars and other things you can roll around (top tip: put your paper in a tray or plastic lid)

Support your children with expressing themselves with fun paper plate crafts. Here are a few ideas:



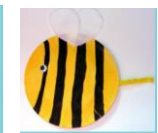
apple collage



masks



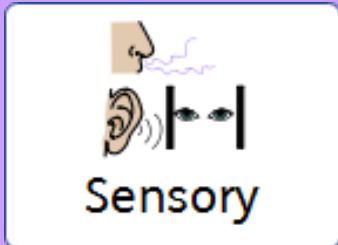
music shaker



animals

Home learning for 1/2/21- for Enquiry learners

Sensory Experiences



Making sensory bottles is a fun art and craft activity. Once made, they make a great a sensory resource which can help children to calm. This link shows how to make them with a range of ingredients.

<https://www.youtube.com/watch?v=D7zp7KbxbKY>



Making playdough doesn't have to be complicated- here is a 'No cook' recipe using body lotion which makes it smell and feel amazing; <https://www.thebestideasforkids.com/cloud-dough/>




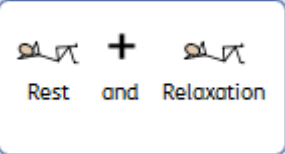



Make bubble foam using tear free bubble bath, food colouring, water & a hand mixer. Mix 1/2 cup water + 1/4 cup bubble bath for each batch, add food colouring and mix with a hand mixer, until the mixture stiffens, like whipping cream.



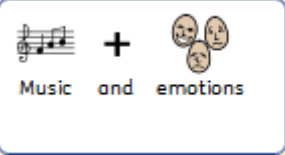






Home learning for 1/2/21- for Enquiry learners

| | | |
|---|--|---|
| <h3>Cooking</h3>  <p>Cooking</p> | <p><u>I can Cook- kids Craft Channel on You Tube</u> https://www.youtube.com/watch?v=xPh4sCWb8_</p>  | <p>Also see below for some recipe ideas.</p> <p>Plus we have more recipes on our school website.</p> |
| <h3>Being Together</h3>  <p>Being together</p> | <p>Spending time with your child, especially when they get to lead the activities, can result in them generally feeling more settled, less stressed and more secure.</p> <p>Why not play a favourite game? or get cosy and watch a favourite movie together?</p> | <h3>Using technology</h3> <p>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> |
| <h3>Rest and Relaxation</h3>  <p>Rest and Relaxation</p> | <p>Healthy sleep tips for children: https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/</p> | <h3>Story Massage</h3>  <p>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</p> |



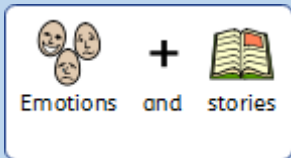
Home learning for 1/2/21- for Enquiry learners

| | | |
|---|---|--|
| | | <p>story massage, and there are lots more on the website too.</p> <p>https://www.storymassage.co.uk/free-story-massage-resources/</p> <p>https://www.storymassage.co.uk/old-macdonald-had-a-farm/ Old McDonald had a farm</p> <p>https://www.storymassage.co.uk/hickory-dickory-dock/ Hickory Dickory Dock</p> <p>https://www.storymassage.co.uk/five-little-speckled-frogs/ 5 Speckled frogs</p> |
| <p>Music and emotions</p>  | <p>Make a musical instrument:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="512 847 707 970">  <p>shakers</p> </div> <div data-bbox="869 834 999 970">  <p>paper plate castanet</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div data-bbox="512 1023 757 1187">  <p>guitar</p> </div> <div data-bbox="889 1023 1108 1187">  <p>straw panpipes</p> </div> </div> <p>Have some fun playing along to your favourite music, or make your own music!</p> | <p><u>Drawing to music</u></p> <p>Drawing/mark making to music- choose a piece of music and your child can free draw in response to this. Music can be picked with an emotion in mind- some examples below.</p> <p>Yellow- Excitement- Flight of the Bumblebee https://www.youtube.com/watch?v=M93qXQWaBdE</p> <p>Fear- In the Hall of the Mountain King https://www.youtube.com/watch?v=qSY-wD4I5DM</p> <p>Blue- sad https://www.youtube.com/watch?v=SWZ4uXERcJk</p> <p>Green- Joy- Turkish March https://www.youtube.com/watch?v=qsoBpBuhb5o</p> <p>Green- Can Can https://www.youtube.com/watch?v=MQiHzXZsxQo</p> |



Home learning for 1/2/21- for Enquiry learners

Emotions and stories



<https://www.bbc.co.uk/teach/class-clips-video/pshe-early-years-foundation-stage-ks1-feeling-better/zm2st39>








A collection of clips presented by Dr Radha Moghil that explore a whole range of feelings and emotions, as well as providing talking points and tools to feel better.

Stories are powerful tools that can help children make sense of different feelings. Below are some examples of stories that can help your child navigate feelings and experiences, including joy, anger, sadness, and fear.
<https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/owl-babies/> Owl Babies




<https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/ugly-duckling-and-friends/> The Ugly Duckling

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/share-the-fun/> Share the fun with stories and rhymes


Home learning for 1/2/21- for Enquiry learners

How Many can you find ?

I spy Nature





Flower



leaf



grass


I see



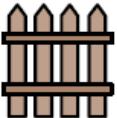

fir cone




twig




stone




fence




tree



bird




cloud




puddle



mud



bench



petals

Home learning for 1/2/21- for Enquiry learners

Woodland Trust
*Nature
detectives*

Cookie cutter bird feeders
Make these simple lard and seed bird feeders.

You will need:

- One part lard at room temperature
- Two parts wild bird seed

Get busy in the kitchen!

- 1** Cut the soft lard into pieces and put it in a bowl with the bird seed.
- 2** Get your hands dirty! Mix everything together.
- 3** Place some cookie cutters on a baking tray lined with greaseproof paper.
- 4** Firmly press the mixture into the cookie cutters and poke a hole in each one.
- 5** Put them in the fridge to set.
- 6** Pop them out of the cookie cutters, thread ribbon through them and hang them up outdoors.

Try adding mild, grated cheese to your mix too!




Hang your feeders near a window and watch the birds tuck in!

Feel free to copy and share this for personal and educational use - and don't forget there are loads more brilliant activities to download on our website!
www.woodlandtrust.org.uk/naturedetectives | 0330 333 5091 | naturedetectives@woodlandtrust.org.uk
 Search for 'nature detectives' | [@NatureDetectives](https://www.instagram.com/naturedetectives)
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

WOODLAND TRUST

*Nature
detectives*

Home learning for 1/2/21- for Enquiry learners

 **+**  
 Cheese and ham quesadilla

  
 How to make quesadilla

  
 you will need

     
 put 1st tortilla on a plate

  **2**  tortilla's  cooking oil

  
 add grated cheese tortilla

 frying pan  spatula  knife  plate





 **2**  slices of  ham  on top of  cheese

Home learning for 1/2/21- for Enquiry learners

















put more grated cheese on top







Put 2nd tortilla on top








Grown up to heat oil in frying pan







grown up Put quesadilla in frying pan







cook for 1-2 minutes or till golden brown

flip over and cook for another 1-2 minutes

take out of frying pan and put on plate

cut into 4 pieces eat and enjoy

Home learning for 1/2/21- for Enquiry learners


 Recipe for Shortbread
 

Ingredients;


 190g plain flour


 125g unsalted butter


 55g caster sugar


 You will need:


 Large mixing bowl


 Weighing scales


 Wooden spoon / large spoon


 Sieve, Baking tray


 Rolling pin, Cutters


 Method:


 • Heat the oven to 180°C gas mark 4


 • Lightly grease baking tray


 • Place butter and caster sugar into mixing bowl


 • Cream these together (mix until smooth)


 • Sieve in the flour and mix well , to form a


 soft dough


 • Lightly flour your hands and form dough


 into a ball

Children's Mental Health Week
1-7 February 2021

EXPRESS YOURSELF

Home learning for 1/2/21- for Enquiry learners

- Lightly flour the surface,
- gently roll the dough to 1cm thick
- cut into shapes and place on a baking tray
- Put in oven for 15 mins
- Remove from oven
- Wait to cool for approx 10 mins
- Put them on a plate and sprinkle with
caster sugar. Eat and enjoy



flour



butter



sugar



spoon



bowl



scales



rolling pin



cutters



oven



mix



roll



dough