

EYFS Menu of Activities Week Beginning 11.1.21

Every day you will have recorded English, Maths lessons, and phonics lessons. In school, we also learn lots of different subjects! Each week we will post a menu of activities that fit in with our topic. Across the week, you can select which of these activities that you would like to do, as well as your maths and English lessons.

Personal Social and Emotional Development	Communication and Language	Physical Development
Play emotions charades - choose an emotion and use body language and facial expressions to model the feeling. Other family members get a point if they guess correctly. Each day talk about how you are feeling and make sure that everyday you do something to make you happy but also something to make your grown ups at home happy.	Show and tell - Find out a fact about Antarctica or penguins and send in a video saying your fact using full sentences. Take a penguin on a new adventure, tell your story. You might want to draw a story map to remind yourself.	https://www.youtube.com/user/CosmicKidsYoga Cosmic Kids Yoga https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ Joe Wickes PE Make shapes and create using playdough. Shape cut and stick penguin activity, printable from Tapestry documents.
Knowledge and Understanding of the World	Expressive Arts and Design	Printables available on Tapestry Website - Documents tab
Find a range of objects or toys that are safe to put into the water. Before putting them in, predict if they are going to float or sink. Then test them out. You could record your findings by writing them down or making a video. Look on a map or globe to find the South pole. Find out about different animals that live there. What do they eat, how do they live. You may want to find out about explorers that have visited. Watch Go Jetters https://www.bbc.co.uk/iplayer/episode/b06qmb1r/g	Recycle boxes or tubs and turn them into a boat. You can even see if it will float. Use materials or toys from around your room to make a big art picture inspired by Lost and Found. Make a penguin puppet. 	• All about number 7,8,9,10 • Penguin shape cut and stick • Phonic sounds or, ur

o-jettters-series-1-9-lambertfisher-glacier-antarctica Andy's Aquatic Adventures. https://www.bbc.co.uk/iplayer/episode/m000ftm9/andy-aquatic-adventures-series-1-13-andy-and-the-chinstrap-penguins		
--	--	--

Parents please try to upload your children's work to tapestry as this will contribute to their online learning journal for the year. We have uploaded a short tutorial explaining how to do this if you are not sure. Also please feel free to email us with any questions you may have.

Thank you for your continued support during this difficult time.

Please note if you do have a printer and you would like some extra activities that the children may do independently you can find these on tapestry in the documents section

EYFS Forest school ideas - home schooling January 2021

by Woody Woodpecker

The most important thing is to **get outside** whatever the weather every single day. It could be for 30 minutes on your daily walk (might want to look at Woody woodpeckers daily walk challenges on our facebook page). Or if you are lucky enough to have an outside space dress warm and head out for the whole afternoon like we do at forest school.

The second important thing is to **dress** in the right clothes so the weather does not adversely affect your fun play. It is cold and often wet so I would suggest lots of layers, and a waterproof outer as well as extras like hat, scarf and gloves. When I say layers I would suggest a first layer like thermals/base layer/leggings or tights (even the boys) and a vest. Then trousers and a long sleeved top and then a jumper or fleece (or 2), then a thick warm coat and if you have them over trousers. Thick socks or 2 pairs and boots/shoes. Always remember to try for a wee before layering up!

Now is a perfect time to practise **getting dressed** and undressed yourself without too much help from an adult. It is a very important skill and if you all get better at this it means when we are back at school doing forest school our fun time outside will be longer. What do you find difficult? is it putting

socks on, wellies off or the zip on your coat? You could practise throughout the day, not just when getting ready to go outside. You could have a code word and whenever the adult says it you have to run and put your coat on and try the zip, or you may set a number of times you may want to try it in a day, maybe 10x!! And when heading out ask your adult to give you a long enough time to get ready so it's not a rush. How many different fastenings can you find on your clothes? Can you do them all? (zip, poppers, buttons, laces, fasteners, velcro) I'd love to hear how you are getting on - post on facebook or email in.

One of the most important aspects at forest school is it is **child led** - let them play, use the things around them and their imaginations. You can leave them to play on their own and sometimes you can play alongside. You can set up "invitations to play" and then leave them to it. They may not do what you thought they might do but that is ok, if they are playing they are learning. Other times it is nice to do nature activities together. Forest school is also led by nature and the weather and what is around. So look at the weather and embrace it. But most importantly have fun and stay safe!

Remember at forest school we look after ourselves, we look after each other and we look after our world.

Some ideas / invitations to play / nature activities

Week 2 : **ICE**

The weather is getting colder which gives us the opportunity to play with ice. You can leave lots of different pots with a little water in, in the garden overnight and see if it freezes. Then spend some time playing. Investigating, mixing, melting etc. Make sure you wear gloves or warm up your hands after play. Can you break the ice? Can you smash it? Can you spot any other ice or frost when out and about? Take a close look at the frost, what does it look like? If you have a bird bath or a pond make sure that doesn't ice over completely as the animals need water to survive.

Carefully try and slide on ice puddles or see if you can crack the ice.

Make ice decorations and watch them melt. Here are some ideas and instructions [Creating your own Ice Sculptures](#)

Here are some other ice play ideas [Winter Ice Play with Dinosaurs](#)

How quickly does it melt? What can you do to make it melt quicker? What do the trucks put on the road when they don't want ice on the roads? If you have some salt you could use some in your investigation play.

