



Literacy:

Explore stories about mythical creatures – mermaids, unicorns, dragons...

Make some playdough and practice rolling, squashing and squeezing!

Communication and Language:

Sing some nursery rhymes together!

Join in with "ready, steady, go!" activities

Numeracy:

Join in with a rocket countdown – from 10 or 5.

Use building blocks to create your own rocket!

Independent Life Skills:

Can you get yourself dressed in the morning?

Can you brush your teeth or your hair?

How can you help make breakfast?

Can you find your shoes?

Free Choice

Show us your favourite places...

Understanding the World and Expressive Arts and Design:

Can you pretend to be dinosaurs – how do they move/sound?

Explore natural materials – can you create a collage of your favourite textures?

Go for a walk and listen to the different sounds when you're out and about!

Physical Development:

Find your body parts using songs like head, shoulders, knees and toes!

Practice rolling or throwing a soft ball.

Can you stretch up high or touch your toes? Maybe practice some hopping or jumping!

Personal, Social and Emotional Development:

Practice looking in a mirror, can you make some different facial expressions with a parent or carer?

Sensory Regulation

Find a safe, cosy space or make a den. Take some of your favourite things with you – how do you feel?

Practice some movement songs with a partner such as 'row, row, row your boat' or 'round and round the garden'

Please upload evidence to EFL.

If you are unable to then either:

- ✓ email your class teacher.
- ✓ send an eSchools message to your class teacher.
- ✓ or you can bring it in the old-fashioned way.

Thanks for your support in continued learning.