

Acorns Home learning

Summer 1 Week 5

W.B 18.5.2020

Hello Acorns!

Have any of you watched the video that the staff made for you? We really enjoyed making it and it was also lovely for us to watch and see every one's face. It is strange isn't it? Not being able to see one another at the moment but that will make it extra lovely when we get back together. We don't know when that will be yet; try not to worry too much - we have to be patient a bit longer.

Reading and understanding

Mrs Marsland has been reading 'The Boy, The Mole, The Fox and The Horse'. It is on the Home Learning page under 'From Mrs Marsland'. It would be lovely if you could listen or read along with her if you have your own copy.

Handwriting and pencil control

Keep practising your name, try to be independent and remember Acorn rules.

Can you now try and write your home address? Ask an adult to write it out for you and you can either write over it or copy it. Look at mine below. I made it up, but you can use your real one.

Mrs L McCarthy

26 New Station Road,

Fishponds,

Bristol.

BS15 2HL

Maths and Science

Keep practising:-

- Practise counting forwards to 20.
- Complete the following sheet by cutting and sticking the numbers in the correct place. If you do not have scissors and glue, you could just write the missing numbers in the boxes.

Ordering to 20 Cut and Stick Activity Sheet

1		3	4			7			10
11			14		16		18	19	

Can you now make up your own?

This week's rule is

Sharing your worries.

Mrs Coates has recorded herself reading 'A Huge Bag of Worries'. It is on the School Home Learning page under KS1 Storytime. Please try and listen to it. If you like, you could make a worry bag or box, put your worries in it and share your worries with your adult.

Following instructions



Can you and your adult write a set of instructions for these? Don't forget to use words like First, Second, Next, Then and Finally. If you have some fruit at home why don't you try and make some. I'm going to have a go, they look like fun!

Physical Education and sometimes OT

I have left this on here as I would like you to try these exercises if you can.

Quick ways to CALM down!
Sea Life Sensory Solutions.

<p>Puffer Fish Puff</p> <p>Puff your cheeks like a puffer fish!</p> <p>Fill your cheeks with air and hold for 5 seconds.</p>	<p>Clam Cuddle</p> <p>Cuddle yourself like a clam.</p> <p>Place your hands on the opposite shoulders and squeeze.</p>	<p>Turtle Tongue</p> <p>Poke your tongue out like a turtle pokes out its neck.</p> <p>Stick your tongue out and quickly hide it again.</p>	<p>Starfish Stretch</p> <p>Stretch out like a starfish.</p> <p>Place your arms up over your head and stretch out wide. Stretch your legs out wide too.</p>
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In the moment techniques to calm a child who is overstimulated are SO important. Here are 12 ways to help a child get into a calmer space.

SENSORY INPUT		
<p>Carry something heavy to engage the large muscle groups.</p>	<p>Hang upside down on the jungle gym or on a couch.</p>	<p>Get a really tight, long bear hug from a friend or family member.</p>
CROSSING THE MIDLINE		
<p>Do cross walks. Touch one hand to opposite knee. Repeat with other side.</p>	<p>Do 20 jumping jacks then touch hand to opposite toe 20 times.</p>	<p>Draw wide figure 8s in the air in front of you. Do it with each hand.</p>
GROUNDING		
<p>Focus on what you see, smell and feel to bring attention back to your body.</p>	<p>Wash your hands for 20 seconds and really feel the water.</p>	<p>Ball your hands into fists, then relax. Tense entire body, then relax.</p>
MINIFULNESS		
<p>Do square breathing for each foot 4 times. Breathe in, hold, breathe out, hold. Repeat.</p>	<p>Crack a hotland object. Close your eyes and describe what it feels like. Repeat.</p>	<p>Jump up and down for 1 minute. Then close your eyes, put your hand on your chest and count your heartbeats.</p>

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Try your best to do these exercises for 5 minutes every day. You could ask your brothers and sisters to join in.

This is from an American source so please excuse the Dollar sign.



Enjoy listening to Mrs Dayman-Johns reading 'Aladdin's Magic Carpet' under Wellbeing on the Home Learning page.

Try to keep all of your home learning in one place so that you have everything you need. Ask your adult to take photographs of your achievements at home and send them to school via your class e mail or the new school facebook page.

Don't forget you can look up free resources on:-

www.elsasupport.co.uk

www.purplemash.com/sch/stjohnsfs