

Home Learning

Week Beginning 16th May 2022

Dear Parents/Carers,

We would love to hear from you about your child's learning at home; to share this, please use the following email address: fshomelearning@exwickheights.devon.sch.uk. Thank you.

Personal, social and emotional development (PSED)

Key focus: Falling out and bullying (part 1)

Activities:

Discuss how what we say to someone could make them feel happy and how what we say to others, if we are cross, could make someone feel sad.

Questions:

- What things can people say to you to make you feel happy?
- What could you say to someone to make him or her feel happy?
- Have you ever said something when you are cross, to make someone feel sad and upset?
- Has anyone ever said anything to you to make you feel sad?
- Select some of the phrases below, and with your child, talk about how they, and you, would feel if someone were to say those things to you at school or work?



You are brilliant

Thank you very much

I like you

You are stupid

Shut up

You are funny

Go away

I don't like you

You smell

I like what you have made

You are clever

Would you like to join us?

- Introduce the phrase - '**Please don't do that, I don't like it**'
Explain to your child that if anyone ever says that to them, that they have to **stop** what they are doing straight away.
- Similarly, that they also need to say it to someone who is being unkind to them, and if that person **DOES NOT** stop; go to an adult for help.
Reinforce to your child that the phrase - '**Please don't do that, I don't like it**', can be used anywhere; at home and at school.
- **Do:** play some board games with just your child or with the family. Encourage everyone to stay calm even if the games are not going in their favour. Recap about how they and others feel when other people say things to make them feel sad, and help resolve any arguments.

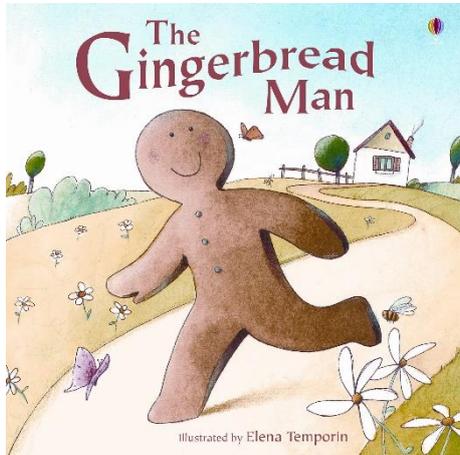
Communication & Language (C&L)

This week our focus story is the traditional tale 'The Gingerbread Man'.

- Read or watch and listen to a version of the story, 'The Gingerbread Man' by following these links:

<https://video.link/w/lKmsd>

<https://video.link/w/7Pmsd>



- **Talk** about the following four components of narrative: Who? Where? When? What happens next?
- **Who** is the story about? **Who** is made in the oven? **Who** chases the Gingerbread Man? **Who** eats the Gingerbread Man?
- **Where** does the story take place? **Where** does the fox offer to help the Gingerbread Man?
- **When** might you go bake a Gingerbread Man or other treat? **When** would you eat a sweet treat like a Gingerbread Man?
- Focusing further on the '**what happens next**'

component of narrative, as you listen or watch the story, pause it before the next pages are revealed; can you recall **what will happen next**?

Physical Development (PD): gross motor movement

Functional movement 'bend and stretch'. This week we will learning to straighten and tense isolated body parts.

- Get warmed up by stretching in different ways; can you stretch up tall with your arms and onto your tiptoes? Can you stand in a wide stance like a star? Maintaining that position, can you touch your toes? Both hands on one foot at a time? Both hands in the middle?
- Can you travel around a space with straight legs like a soldier? Add arms movements so you are marching.
- Practise following instructions 'soldier march' (marching), 'soldier slide' (on tummy reach forwards and pull body along), 'soldier sleep' (roll onto your back and stretch out long).



In our story of the week 'The Gingerbread Man', the characters all chase after him! Could you have some races with the people in your family?

- You could try a variety of different races; these might include a running race, a swimming race, a hopping, jumping or crawling race!

Physical Development (PD): fine motor movement

In the story, the little old woman bakes a Gingerbread Man.

- Perhaps you could bake some gingerbread this week. What shape could you make your gingerbread biscuits?
- We've included a recipe below, which you could follow; this recipe can also be found on the following website with an instructional video:
<https://www.goodhousekeeping.com/uk/food/recipes/a564670/easy-gingerbread-recipe/>

What you need:

- 75g butter
- 3½ tbsp golden syrup
- 60g light soft brown sugar
- 175g plain flour
- 1/4 tsp bicarbonate of soda
- 2 tsp ground ginger



How to make gingerbread biscuits:

1. Add butter, golden syrup and light brown sugar to a pan. Stir on a low heat until the sugar has dissolved.
2. Add flour, bicarbonate of soda and ginger to a mixing bowl, then stir together. Make a well in the centre and pour in the sugar and butter mixture.
3. Stir together to form a dough (- it might be easiest to use your hands).
4. Wrap in cling-film and let chill for 30 minutes to firm up.
5. Lay the dough between two sheets of baking parchment. Press the dough lightly with a rolling pin. Give a quarter turn, then repeat.
6. Give it a final quarter turn, then start to roll backwards and forwards, giving regular quarter turns until the dough is roughly the thickness of a £1 coin.
7. Using a biscuit cutter, cut out the shapes. Bake at 190°C (170°C fan) / mark 5 for 10 to 12 minutes, until lightly golden brown.
8. The biscuits won't be firm but will harden when left to cool outside the oven.