
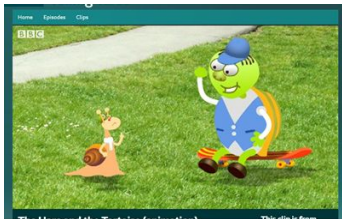


Reception	Prime Areas	Reading and Phonics	Writing	Maths	Well-Being
<p>End of the school year/ Mental Well-being</p>	<p>Choose your favourite physical activity and do this at least 3 times this week. Notice how you feel afterwards and talk about it.</p>  <p>Early Learning Goal: Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.</p> <p>After listening to the story of Ruby's <i>Worry</i> in the (Well-being Section), talk</p>	<p><u>Exploring Talents and Self-Belief</u></p> <p>During difficult times, it is important that we teach children to reflect on the positive aspects in their life.</p> <p>Share the story: <u>The Hare and the Tortoise</u></p>  <p><i>Discuss how we all have different things that we are good at. Adult to name a talent of theirs/ or something about themselves that they like. Ask your child about the things that they are good at or qualities that make them special. Sometimes we find things difficult</i></p>	<p>Encourage your child to make their own 'All About Me' booklet (fold a piece of paper in half to make a book). Look at some photos together of your child with people in their family, doing their favourite things etc. Support your child to write some sentences in their booklet about themselves, for example:</p> <p><i>I am Ben / My name is Ben. I am 5. I like football and numbers. I live with my mum and dad and sister.</i></p> <p>They could also draw a picture of themselves, their favourite things and their family.</p>	<p>Have a look at the purple statements below. These are based on the curriculum expectations of children at the end of reception. Consider which of these things your child is able to do. If there are any they are not confident with, practise these skills at home.</p> <p><i>For example, if they are not secure with number recognition to 20, write out number cards to 20 and practise saying them and ordering them.</i></p> <p><i>If they need more practise adding groups together / counting accurately, use small objects to do this.</i></p>	<p><u>Being My Best: My Feelings and Well-being</u></p> <p>Re-watch the video of the story of <u>Ruby's Worry</u>. Coming to the end of the school year, your child may be experiencing a range of emotions at this time, such as grief i.e. missing their friends, missing their classroom, missing their familiar adults, as well as worry i.e about when they will see their friends again, what it will be like when they return to school.</p> <p>Using the story, <i>discuss their worries regarding school. Explain that, when Ruby talked about her worry, it made her feel much better. After</i></p>

about ways that we can look after ourselves when we feel like this. Breathing exercises give us something else to think about and focus on rather than our worries.

[Breathing Exercises video.](#)

Follow the shape. Talk about how they feel during and afterwards.

There are some breathing craft activities you could also make at home to support this as a different way of focusing on breathing:



Early Learning Goal: They adjust their behaviour to different situations, and take changes of routine in their stride.

that others may find easy. Reflect on the story and point out that even though the tortoise was slower than the hare, he was able to win because he 'had a go' rather than thinking 'I can't do it'.

Early Learning Goal: Children listen attentively in a range of situations. They listen to stories, accurately anticipating key events and respond to what they hear with relevant comments, questions or actions.

PHONICS

Take part in the [Phonics Session with Miss Wright- the 'ow' sound.](#)

[All About Me book example](#)

This video is a nice example of an 'All About Me' book which you may wish to take ideas from.



Early Learning Goal: Children use their phonic knowledge to write words in ways which match their spoken sounds. They also write some tricky words. They write simple sentences which can be read by themselves and others.

I can use numbers from 1 to 20 in the right order when I am counting things or singing rhymes.

I can tell you what "one more" or "one less" is when you say a number.

I can add groups of 2 things together and tell you how many I have got altogether.

I can take things away from a group to tell you how many things I have got left.

I can solve problems that are important to me like sharing snacks between me and my friends so that we all have the same number of pieces of fruit.

this, ask them to think about the things they are looking forward to i.e. seeing their friends again, new toys and resources to use, playing in the outdoor area etc. Explain that, no matter how worried we feel, it is important to look at the positive things too and this will make us feel much better.

Early Learning Goal: Children talk about how they and others show feelings. They adjust their behaviour to different situations, and take changes of routine in their stride.

