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| Class: Room 3  Mrs Lamb  Tuesday 26th Sept – Thursday 29th Sept 2023 | |
| Health and Wellbeing | **Emotions-** we have been talking about different emotions in class. What emotions can you name? Ask an adult to act out some emotions. Can you name the emotion? Then you can have a turn at acting out some emotions.  **Stamina/Fitness –** If possible, go for a walk with an adult. Can you spot any signs of Autumn?  If not you could play some of your favourite songs and have a dance.  **Relaxation-** its important to relax. Try playing some relaxing music and spend 10 minutes listening to it and colouring in.  **Or**  What do you like to do to relax? Tell an adult and spend 15 minutes enjoying this activity.  **Turn Taking-** play a turn taking game of your choice.  **Life Skills-** Choose a skill to practise.  Putting shoes on, putting on and zipping a jacket  **Or**  Tying shoe laces.  -Can you help to prepare some food for either breakfast, lunch or dinner? Don’t forget to wash your hands. |
| Literacy | Read/listen to a different story each day.  **Phonics –** Practise identifying letters by writing out the letters **or** using any letters you have in your house and pointing to them.  **Retell-** Ask an adult if you have some pictures of yourself from a day trip, holiday or event. What can you see in the picture? What are you doing in the picture? Who is in the picture? Where was the picture taken? Can you retell anything about the day that picture was taken? Tell an adult.  **-**Watch a film or an episode of your favourite cartoon. After watching it tell an adult why you like it. Can you tell them anything about what happened in it?  **Fine Motor Skills  -** Ask an adult to draw some wavy and zig-zag lines on the paper. Can you carefully trace over the lines?  **Writing-** Spend 15 minutes roleplaying with your toys. Maybe you could use your toys to act out a nursery rhyme or story and show an adult.  Practise writing your name. If you write your first name try practising your first and second names. |
| Numeracy | * Number Scavenger Hunt   Count how many of each you have in your house.  Windows, doors, steps, chairs, plants and pictures.   * Ask an adult to say a number. Can you write it? Or select it out of numbers you have at home? * Spend 10 minutes each day listening to some number songs.   **or**  sing some number songs. |