Thought Bubbles | Cosmic Kids Zen Den - Mindfulness for kids <u>https://www.youtube.com/watch?</u> <u>v=xUUq0HuSLS0</u>

Meditation ...the perfect antidote for any worries! This session helps children understand their thoughts and how thought processes pop in and out of our minds like bubbles floating in the air! The children loved it in school! GIVE IT A GO! Have a go at the cloud bubble below. What are you grateful for after lockdown?? What can't you live without?



## OUTDOOR MATHS and LITERACY

## OPAL CLASS: Home Learning Grid Week Beginning: 6/7/20







## MATHS LEARNING

Can you collect the same shaped leaves and use those to measure your home- grown vegetables? How many leaves tall/long? Use fresh vegetables or flowers to make a number line like the one above using tomatoes. Make pictures that are symmetrical using leaves and flowers from the garden. Use them to make patterned pictures that are round. Use the picture below and ask questions, how many fairies? How many with black/red hair? How many with blue dresses? How many legs are there altogether in the picture? Arms?



## LITERACY LEARNING

Use the pictures on the page to stimulate some playful ideas to help with Literacy learning. Write words on the ground and wash them away. Play skittles - write the words that you knock down. Make writing brushes using sticks like the picture above. Put objects in a sack and make up stories around the objects. Who is the character in the story? Write some cvc words down on paper and sort them into rhyming sets outside. Hide them in the garden.





