

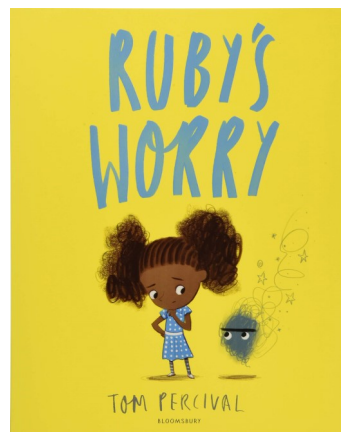
## Lakeside EYFS and KS1 Home Learning

Hi All,

We hope that you are all well and have been keeping busy! A lot of you have been in contact to tell us how much you are enjoying the home learning activities that we have been providing – thank you – your feedback is very much appreciated.

This week's themed activities are based on the book '**Ruby's Worry**' - written by Tom Percival. This heart-warming story is the perfect way to start a discussion about worries—no matter how big or small they might be.

Attached are the suggested activities. Many of the activities can be adapted and done simply in a notebook, on paper or outside! Remember to look on the school website for the accompanying resources.



Wishing you all the best.

Stay safe,

From all the Lakeside EYFS and KS1 team.

### Weekly activity pack sent from 'EYFS/KS1 team'

The Year 1 page has a range of different activities to support year 1 curriculum development. These include 3 daily essentials to do every day for a week, plus extra weekly choices linked to English, Maths and Curriculum. As with the story activities, feel free to send to us what you have been doing and every couple of weeks we will aim to put together a newsletter of learning.



1) Each day please try to complete the daily essentials for **English**, **Maths** and **wider-curriculum** in the flags at the top of the page.

2) Then you can choose from the weekly choices below. Can you complete at least 1 from each colour?

## Daily Essentials

### English

Practise reading the phase 5 sounds. See attached sheet

### Maths

Write the days of the week

### Wider Curriculum

Time yourself to do 30 seconds of star jumps, running on the spot, sit ups.

## Weekly Choices

### Spellings

☐

Please practise these spellings:

here saw very

### Number

☐

Use your number bonds to 10 to help write your number bonds to 100. e.g  $2 + 8 = 10$  so  $20 + 80 = 100$

☐

Tell an adult something you are worried about so they can help your worry disappear!

### Handwriting

☐

Practise joining these digraphs.

gr, cr, br, fr

### Fractions

☐

Collect an even number of items and split them into four equal groups. Say the sentence e.g.  $1/4$  of 8 = 4

☐

Eat some food that makes you feel good!

### Writing

☐

Think of three things your grateful for and write them down.

### Shape

☐

Can you find some 3D shapes in your house or garden. Cuboids, cubes, pyramids, spheres.

☐

Watch something funny on TV or tell a family member a joke!

When you have completed the **Daily Essentials** for **English**, **Maths** and **wider-curriculum** tick them off below

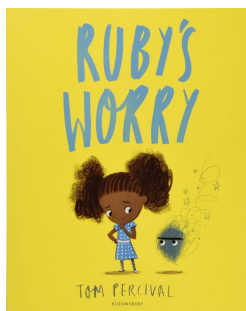
You can also tick off your weekly choices, (REMEMBER: pick a minimum of 1 a week from each colour)



Monday	Tuesday	Wednesday	Thursday	Friday
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

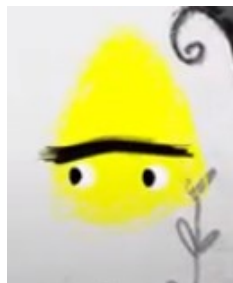


Read/watch and discuss the story: 'Ruby's Worry' by Tom Percival.



Link: <https://www.youtube.com/watch?v=NUPGUmEzpQE> (Ruby's Worry—Bloomsburg Publishing)

Design your own 'Worry' buddy!  
Or even a different emotion if you like. Can you write labels to explain the different parts of their appearance?



Ruby needs some help thinking about all the things that make her happy. Can you write a list or draw pictures of all the things that make you happy?



Watch and follow some Cosmic Kids Yoga on Youtube—this is a great way to help you relax and some of it is quite tricky!  
(There's even a Frozen one and a Pokemon one too!)



Write a letter to someone that makes you smile and tell them all the reasons why they make you happy. If you find writing a little tricky then you could draw them a picture of why they make you happy!

Encourage your child to talk about 5 things that have made them happy that day and 3 things they are looking forward to for the next day.

If they were worried or upset that day you could talk about what helped them to feel better.

Sing together "If you're happy and you know it..."

Here is a version by Jack Hartmann that the children enjoy (<https://www.youtube.com/watch?v=WiDRpk9li9I>)

You could make up your own version for the different emotions—"if you're mad and you know it, stamp your feet"

Play '10 Special Things'. Each person finds 10 special things from around the house. Roll a dice and then take that many away from the other person's Special Things. Keep going until someone has all of the Special Things. This is a good way to encourage addition and subtraction to 20 and can be even played with more objects to make the game even trickier.

Make your very own 'Worry buddy' out of collaging or painting. Maybe you could experiment with colour mixing to make lots of different coloured 'Worries'.

Red + Blue = ?  
Yellow + Blue = ?  
Red + Yellow = ?

Can you think of any more?

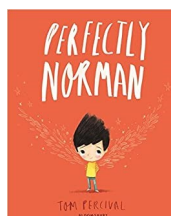
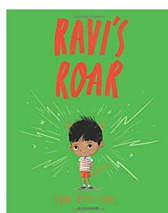


Can you make a paper pinwheel like Ruby does in the story?

You could write some instructions for your grown up so they can make one too.



Have a look at Tom Percival's other wonderful stories, such as: Perfectly Norman and Ravi's Roar

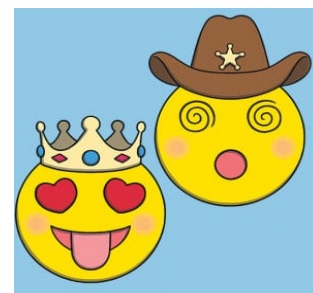


Exercise makes me feel happy—you could be Joe Wicks for the day and make your own exercise routine. Your grown up could even film it for you!

Maybe you could wear fancy dress?



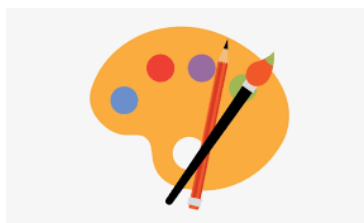
Use the cutting and sticking sheets to make your own Emoji face. If you can't print it out then you could paint, draw or collage your own Emoji.



Make your own '**Calming Bottle**' using glue, glitter and oil. There are many different recipes on the internet and when you've finished you could even write your own instructions.



Paint or draw portraits of everyone in your family. You could talk about/write sentences about all the things that make you the same or different. What makes you special?



Play bingo together. This can be adapted to be Maths bingo with numbers or shapes, or Phonics bingo with words or phonemes or absolutely anything you can imagine. Share with your teacher your different bingo games that you have created together.

# Phase 5 Sounds

 ay	 ou	 ie	 ea	 oy	 ir	 ue	 aw	 wh
---	---	---	---	--	---	---	---	---

 ph	 ew	 oe	 au	 ey	 a_e	 e_e
--	--	--	---	--	---	---

 i_e	 o_e	 u_e
---	--	---

Practise writing the letter joins 5 times . Use the lines to help you

gr

cr

br

fr

Copy the common exception words. Learn how to spell them.

here

saw

very