

### Book study

Read "The Huge Bag of Worries" or watch it being read to you on YouTube:

<https://www.youtube.com/watch?v=8QwEOSBjOt8>

#### Emotions

Talk to your child about any worries that they may have. Remind them that all emotions are okay and feeling worried is not bad- it's normal!

Talk about what your child could do when they are feeling worried (e.g. talk to a trusted adult, write it down etc.)

#### Writing challenge

Write or draw up to 5 things that make you feel worried.

Now write or draw 5 things that you could do to help you when you are feeling worried.

### Yoga

Relax and regulate your emotions by following the Cosmic Kids 'Thought Bubbles' Yoga session.

<https://www.youtube.com/watch?v=xUUq0HuSLS0>

### Sound map

Go and stand outside. Close your eyes and listen to the sounds around you. Now, open your eyes and draw a map of the sounds you heard.



Example:

English

Me in the World

Class JB

Summer Week 9

'Our Natural World' Challenges

### The seaside

Listen to more sounds of the seaside:

-Google search: 'BBC Shhh, Listen- we're at the seaside' or follow this link:

<https://www.bbc.co.uk/cbeebies/radio/shhh-listen-seaside>

Understanding the World

Art

Maths

### Make your own Worry Monster!

Decorate a plastic or cardboard cup so that it looks like a monster.

Write any worries on a bit of paper and feed it to your monster!

If you want to, you could talk to a friend or a member of your family about your worries.

### + and -

Explore this fantastic online game to consolidate your learning in number recognition, addition, subtraction, seasons and much more!

<http://resources.hwb.wales.gov.uk/VTC/foundation/seasons/eng/online/index.html>

### Time: months + seasons

Remember when we started learning about the concept of **time** back in March?

This week- revise your knowledge on the months of the year.

In the Four Seasons Wheel write or draw something important for each month e.g. January- New Year; February- Valentine's Day; December- Christmas.

Think- what month is your birthday in?

Think- what season is it now?