




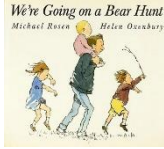



Suggested Daily timetable

Here are some ideas for how you may want to plan your day. Every family is different, so please find a routine that works best for you and your child. Have fun and stay safe! 😊

Please continue to reinforce the importance of good hand hygiene and social distancing. 😊

0900	0930	0945	1015	1045	1115	1130	1200
<p>Wake up and Shake up!</p> <p>Try an activity such as Cosmic Yoga or Joe Wicks. There are a variety available on YouTube.</p> 	<p>Reading</p> <p>Share a book, encourage your child to read aloud, sound out familiar words or describe what is happening on each page.</p> 	<p>Phonics</p> <p>Daily practice of sounds is key. This week we will look at /w/ and /h/. Follow the activities I have included in the weekly overview and sing the Jolly Phonics Song.</p> 	<p>Playtime!</p> <p>Have a snack and some water, play! Have fun!</p> 	<p>Numeracy</p> <p>I have included links to White Rose maths resources and activities. Watch the video clips and try the activities.</p> 	<p>Structured Activities/H&WB</p> <p>Do one of the Play activity ideas below or tell your child a story. There are also a variety of audiobooks on YouTube and I will upload story PowerPoints daily.</p>	<p>Literacy</p> <p>This week we will be exploring the book <i>We're going on a Bear Hunt</i>, use the activity ideas to structure your learning.</p> 	<p>Lunch</p> <p>Ask your child to help you prepare lunch. You could also try baking.</p> 

Afternoons - Children can find it more difficult to focus on activities in the afternoons, try to spend this time doing more of the Topic activity ideas. Also spend this time on indoor and outdoor play.

Play - Do fun things together with Lego or construction toys, how high a tower can you build within a set time. Add an element of competition and ask another member of your household to judge your towers, you could also videocall a friend to judge. After reading Little Red Riding Hood you may want to dress-up, play make believe and imagine. Perhaps you could continue the story, what does Red do next? Our new topic this term will be Deadly Dinosaurs, you might want to build a dinosaur den or draw dinosaur pictures! Play hide and seek together, make it more challenging for your child by asking them to count to 20, 30... or even 50! Before they come to find you! You could also use this time to practise Fine Motor Skills, I have included a **separate page** with some activity ideas! Daily if possible, you should sing the Days of the week and the Months of the year songs with your child. Both are available on YouTube. 😊

Get out and explore - Explore your garden or local area together. Take winter pictures, or sketch what you see. Can you see any animals such as birds looking for food? Use the weeks focus sound from phonics and play 'I Spy'.

Prayers - Prayers are an important and comforting part of our school life. I have included the words for our school prayers below, say the prayers together with your child. You could also write your own prayers together or talk about things you are grateful to God for.

Have fun and stay safe! 😊

Miss O'Connell

Prayers

Our morning prayer

Father in heaven you love me

You are with me night and day.

I want to love you always in all I do
and say.

I'll try to please you Father.

Bless me through this day.

Amen.

Grace before meals

Bless us oh Lord as we sit
together.

Bless the food we eat today.

Bless the hands that made the food.

Bless us oh Lord.

Amen.

Grace after meals

Thank you God for the food

We have eaten.

Thank you, God, for all our friends.

Thank you, God, for everything,

Thank you, God,

Amen.

Our evening prayer

God our Father I come to say,

Thank you for your love today.

Thank you for my family and all the
friends you give to me.

Guard me in the dark of night and in
the morning send your light.

Amen.