

Explorers Home Learning Grid 24.1.25

Below are some suggested activities to choose between. There is no expectation to complete all activities.

Health and Wellbeing

For each of the Zones of Regulation (Red, Yellow, Green and Blue), can you write a time that you have been in that zone.
E.g. I was in the blue zone when I felt tired.

The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Excited	Overjoyed/Elated Panicked Angry Terrified

Newsround

We enjoy watching Newsround in class. Why not keep up with the daily news at home by watching today's episode.
<https://www.bbc.co.uk/newsround>



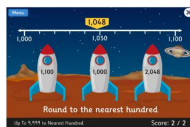
Literacy

Choose a story you enjoy reading at home, or your library book and read 5 pages. Discuss what you have read with an adult using the pictures and words you can read.



Top Marks

In class we have been exploring rounding and ordering. Choose from Rocket Rounding or Caterpillar Ordering
<https://www.topmarks.co.uk/maths-games/rocket-rounding>



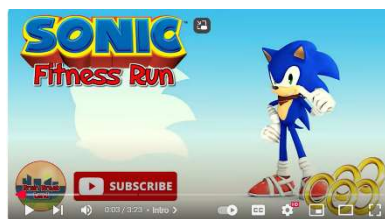
<https://www.topmarks.co.uk/ordering-and-sequencing/caterpillar-ordering>



Physical Education

Keep Active with 'Sonic Fitness Run'

<https://www.youtube.com/watch?v=hE69bmzSbEw>



Lifeskills - Cooking

Can you help an adult in your house make a meal for lunch or dinner?

