

# Home Learning Advice for Parents



Early Level: **Healthy**

## Why do we wash our hands?

For this experiment you will need – a bowl, pepper, water, liquid soap and a towel/kitchen roll to dry hands. First put some water into a bowl then shake in lots of black pepper. Explain that the pepper represents the germs.

Ask your child to dip their finger into the water. Allow them to look at their finger when they take it out. Explain that the drops of pepper are like germs. Now ask them to wash it off. Then ask them to put some soap on to their finger and dip it back in to the water. The pepper should move away from the soap. Again compare the pepper to the germs and explain that that is why we wash our hands, to keep the germs away. Now might be a good idea to revise with your child how we wash our hands properly.



## Cosmic Kids Yoga

Yoga designed specially for kids.

Interactive adventures which build strength, balance and confidence - and get kids into yoga and mindfulness early!

Why not try We Are Going on Bear Hunt? <https://www.youtube.com/watch?v=KAT5NiWHFIU&list=PL8snGkhBF7njTT4a7uqDi>



## Little Red Hen

The classic story of the Little Red Hen is a great starter activity for talking about where our food comes from.

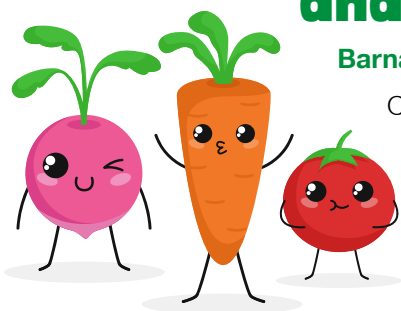
You could read and discuss the story with your children or you could bring it to life with a puppet show, or performing it using masks or costumes. If you feel really adventurous you could even try to bake some bread. <https://www.bing.com/videos/search?q=little+red+hen+youtube&view=detail&mid=4D25A1A119DD8626999B4D25A1A119DD8626999B&FORM=VIRE>



## The Five a Day Song - Eating Fruit and Vegetables

Barnaby Bear is at a primary school singing a song about eating Five a Day.

Children see a series of images of fruits and vegetables, some of which have been made into fun faces. This video also promotes handwashing before eating food and good hygiene. Can you make some funny faces with foods that you have in the house? <https://www.bbc.co.uk/bitesize/clips/z2pxpv4>



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