

Topic - Wellbeing

Ruby`s Worrry

Click on the link above to listen to our story this week.

Please choose some of the activities below that you would like to complete this week.



Literacy

- Listen to the story and talk together about what you heard and what you have seen in the pictures. What does Ruby like to do? Do you like to do this too? What makes you love being you? Are there things you love doing? Do special people make you happy? Or do special toys make you happy? Is there a special place that makes you feel happy? Look at the pictures of Ruby doing the things she enjoys.
 - Can you draw yourself and all the things that make you happiest. You might have some photographs or special objects that will help you to do this. When you have drawn a picture of the things that make you happy, you could try to do some of these things, while you are at home. Can you write a sentence about what makes you happy. Try and be brave and try and sound out the words yourself.
 - Do you know what a worry is? Where is the worry in the pictures? Can you always see a worry like this? How might you know if someone is worried? How do you think Ruby feels about the worry? How can you tell? What do you think Ruby should do about the worry? Do you think she should keep it to herself or tell someone about the worry? Have you ever had a worry? Have you ever talked about a worry with someone before? What happened when you shared your worry? Who would you tell about a worry you had?
 - Think about how we might help Ruby, now that this worry has approached her: If you could talk to Ruby what would you tell her? Do you have any ideas of what she could do to stop herself feeling worried? How do you think she can make herself feel better? For example, what do you do when you feel worried or sad? Maybe you have a toy that makes you feel better? Or maybe you hold someone's hand or have a cuddle?
 - Write a note or draw a picture for Ruby to help her take her mind off her worry. Think about the ideas you thought of before and use these to help you. You could give Ruby three different ideas to help her feel less worried, for example talking to someone, hugging your teddy bear and going outside to play on the swings.
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- ❖ Please continue to read every day.
 - ❖ Practise writing your letter sounds using the support sheet
 - ❖ Practice reading and writing the tricky words you find in your reading book.

Mathematics

- Choose a small round object to be Ruby`s Worrry. Use your maths skills to make a trap for Ruby`s Worrry. Remember, it`s best to catch it at the beginning when it is still very small. What might you have to make sure it doesn't escape? Could you use a box? Remember we just want to trap it so it will need holes to breath! Do we need to check it is in there? How will we see?
- We know that sharing a worry is very important. Halving means sharing into 2 equal groups. See if you can find 10 small objects such as buttons or pom poms or cut circles out of paper to be the worries. Get 2 plates and se if you can share different amounts of worries equally. Can you share 6, 8, 10, 9? What do you notice? Can you write addition and subtraction sentences to show what you have done?
- Ruby`s worry started small but got bigger. Choose 3 toys that you love to play with. Can you put them in order from the smallest to the biggest? Choose another toy. Where would you put this toy. Is it bigger or smaller than the other toys? Can you order other items in your house?
- When we have a worry, talking is very important and a great time to talk is when we share a meal together. Can you plan a picnic with the people in your house. What will you need. How many plates or napkins. What food shall we take? Do you need to make a plan or a shopping list. Enjoy getting your things out for your picnic how are you going to share your food? To halve things we need to share into 2 equal groups. If there are more people at the picnic, let's say 3 how many sandwiches could they have each? How will you share things for your picnic?



- Ruby loved to be outside and it is very good for our mental health. Can you set yourself some outdoor challenges? How many jumps on 2 feet can you do in a minute? Get a grown up to set their phone timer. How many on 1 foot? How many spins can you do? Don't get dizzy! Can you run on the spot for one minute.

- Can you make a playdough face (see recipe below) to show different feelings or maybe you could ice biscuits? What does the mouth look like? Why do you think they feel this way? What makes you happy/sad/angry?
- Sing the song If You're Happy and You Know It and encourage your child to think about what makes them happy and how they show it. You can change the words of this song to represent other feelings, such as 'If you're sad and you know it,' or 'If you're angry and you know it.' What actions could you use for these emotions?
- Listen to pieces of music which evoke different emotions. For example, an upbeat piece of music to encourage a happy feeling. Can your child describe how it makes them feel? Can they move their body to show this feeling?
- Join in doing cosmic yoga. It's lots of fun and helps us to focus our minds. Here is the link:
<https://www.youtube.com/user/CosmicKidsYoga>
- Decorate a jar or a cardboard box. Put the drawings in that you did earlier that make you happy and put them inside. When you are feeling sad you can pick a drawing out of your special box to make you smile. You could also do one for things you are looking forward to when lockdown is over.

This week's Whole School Home Challenge

What makes me happy?

Can you show us what you have done over the past few weeks that has made you happy?

This could be something you have made, a song or dance you have perfected, just anything that has made you smile.



If you have brothers or sisters from Primary School at home, you can work with them. We look forward to seeing what has really made you smile!

We are really enjoying seeing what you have been doing. We know you are working very hard at home to support your children and we very much appreciate it. Thank you very much.

You can upload your child's work through our Evidence Me App. If you need to chat to us about anything please get in touch through Class Dojo.

Please continue to take care, stay safe and keep smiling. You are doing an amazing job! Mrs O'Connor and Miss Newman.

Play Dough Recipe

You need:

2 cups plain flour (all purpose)
2 tablespoons vegetable oil (baby oil and coconut oil work too)
1/2 cup salt
2 tablespoons cream of tartar
1 to 1.5 cups boiling water (adding in increments until it feels just right)
gel food colouring (optional)

Method:

Mix the flour, salt, cream of tartar and oil in a large mixing bowl
Add food colouring TO the boiling water then into the dry ingredients
Stir continuously until it becomes a sticky, combined dough
Add the glycerine (optional)
Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. * This is the most important part of the process, so keep at it until it's the perfect consistency!*
If it remains a little sticky then add a touch more flour until just right.



