



Home Learning

AUTUMN ONE

DAILY

- Listen to a bedtime story.
- Talk about your day.
- Share your feelings:
 - Red Zone - Angry
 - Green Zone - Happy
 - Yellow Zone - Silly
 - Blue Zone - Sad

FEELINGS & ALL ABOUT ME

This half term our topic is – Feelings/All about me. We will use the following texts to support our learning:

- In my Heart;
- The Colour Monster;
- Ruby's Worry;
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These stories can be found at the local library and on YouTube.

PICK & MIX - HOW IT WORKS

- The activities listed on the right can be completed over the half term (September – October)
- These activities will complement what the children are learning about in class over the half term.
- Please take videos/photographs of your child completing the activities and add it to Evidence Me.

PICK & MIX ACTIVITIES

- Name your feeling and assign a colour to it (red – angry, green – happy, blue – sad and yellow – silly)
 - <https://www.youtube.com/watch?v=0uzend67vKc>
- Draw faces showing different emotions.
- Learn different breathing exercises that help with feelings of anger, sadness and silliness.
 - Belly Breathing <https://www.youtube.com/watch?v=RiMb2Bw4Ae8&t=47s>
 - Star Breathing <https://www.youtube.com/watch?v=z-3n5iBi4u0>
 - Bubble Breathing <https://www.youtube.com/watch?v=rRuqxR5oXJM>