



## Year 1

### Home learning week 3 Easter activities



Below are a selection of activities you could try over

the Easter holidays. There is also an additional Spring project if you would like to try this. We have given lots of ideas for you to choose from so please do not feel pressure to do all of them! Have a lovely Easter and thank you for your hard work so far.

<b>Monday</b>	<p><b>Activity 1 - Design your own Easter egg</b></p> <p>You can draw this in your book or use 2paint on purple mash. What patterns will you choose? Will your egg be themed for example it could be a pokemon egg or A Spring themed egg. Whatever you want!</p> <p><b>Activity 2 - Create your own gratefulness journal</b></p> <p>You could do this using paper or in the back of your home learning book. Each day draw or write something that has made you smile or that you are grateful for.</p>
<b>Tuesday</b>	<p><b>Activity 1 -Create your own Easter hunt</b></p> <p>Write clues around the house to create your own hunt for someone in your house to follow. You could draw and cut out lots of eggs and hide them in your house for people to find! Who will find the most?</p> <p><b>Activity 2 - Phonics splat</b></p> <p>Using your sound mat from week 1. Write some of the sounds on post it notes or on paper (You could take a page out of your home learning book) and put them on the floor. Get an adult to say a sound and you have to see how quickly you can splat it! How fast can you say all of the sounds?</p>
<b>Wednesday</b>	<p><b>Activity 1 - Cloud watching</b></p> <p>Look out of your window or lay on the grass outside. Look at the clouds and describe them to someone. What do they look like? Do any of the clouds look like something you know for example a face or dinosaur? Take time to relax and notice how each cloud is different.</p> <p><b>Activity 2 -Make chocolate lollies/circles (adult supervised)</b></p> <p>Melt chocolate and carefully spoon circle of chocolate onto baking paper or cling film. Whilst the chocolate is still melted add decoration such as mini marshmallows, smarties, smashed up biscuit anything you have! Then place a small stick into the chocolate or leave it as a circle. Pop it in the fridge and once solid peel off the paper and eat!</p>

Thursday

### Activity 1 - Mindfulness break

Try some of the mind breaks below. These are designed to give your brain and mind a little rest. You could try to do one of these every day or whenever you feel you need to. See if an adult or sibling wants to try it too!

There are also mindful colouring activities if you would like to print these off to colour in. If you do not have a printer take some time to do some quiet drawing or create your own patterns in your home learning book .

### Activity 2 - Purple mash Easter Display

Log into your purple mash account. Can you create an easter picture or design an egg and add it to the display board. Let's see if we can fill the display board with beautiful pictures like we do in our classroom!

### Activity 1 - Junk Modelling

Use the recycling in your house to create your own 3D object or mini world. You could create a mini town or city, car, rocket, magical land, transformer, train, dinosaur, tower, Avenger, fairy house, an animal. Whatever you want! Can you write some sentences about what you have created and then have fun playing and creating your own story!

### Activity 2 - In the basket

Use a bucket, large bowl or small bin as an easter basket. Then get a small ball or a rolled up pair of socks to act as an easter egg. How many times can you throw your 'egg' into the basket in one minute? How a competition with someone in your house! You could do the same for rolling your 'egg' in the basket too!

Friday

Try to continue to read for 5 minutes each day. Remember to fill in your reading stars box at the front of your reading diary!

Remember some exercise is important everyday! There are lots of ideas on the extra activities list on our website for you to try. There are some examples below that you could look at.

PE with Joe wicks every morning

<https://www.youtube.com/user/thebodycoach1>

Jump start jonny -

<https://www.jumpstartjonny.co.uk/free-stuff>

<https://www.youtube.com/watch?v=CD5Xa4Zt4Zc>

Parent's Comments

Parent's Signature \_\_\_\_\_

# Science Project - Week 1

## Task 1 - Research Frog lifecycle

At this time of year the frog lifecycle has begun! Can you research how a frog grows from an egg to a frog? You could use the internet, books, an adult or look at the twinkl PowerPoint below.

**Make sure you always have an adult with you when searching the internet.**

## Task 2 - Sorting the frog lifecycle

Print off the lifecycle pictures and stick them in the correct order.

Can you label each part of the lifecycle. If you can not print the pictures you could rip a page out of your home learning book, draw each stage, cut them out, muddle them up and then stick back in the correct order.

## Task 3 - Frog lifecycle facts

Using the pictures from Task 2. Can you write a sentence for each stage explaining what happens?

## Task 4 - Create your own information poster or TV show

Draw and write your own information poster to tell others the lifecycle of the frog!

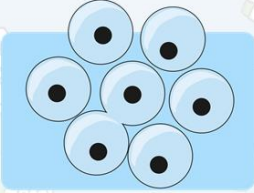
If you have a tablet or phone you could pretend you are on an animal TV programme and record yourself explaining the frog lifecycle to your viewers. You could draw pictures to show as you are explaining.

## Task 5 - Design your own frog!

On purple mash you create your own frog or draw one in your home learning book.

# Science project - Task 1

Frog eggs are laid in a group in the water by a frog. After about 6-21 days, these eggs hatch into tadpoles.



The tadpole spends its time swimming in the water, eating and growing. Tadpoles have a tail for swimming with. It usually takes them 6-9 weeks to fully develop as a tadpole, however some types of frogs may take much longer.



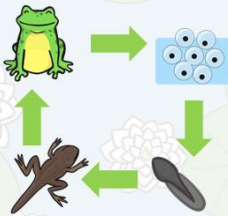
Around week 12, the tadpole sprouts legs (and then arms), has a longer body, and has a bigger head. It breathes under the water and still has a tail.



The adult frog breathes air and has no tail. This growth cycle, from egg to frog takes between 12 to 16 weeks.



Here is the frog life cycle



Some interesting facts

Frogs have ears! Males have bigger ears than the females and they can be found behind the eyes.



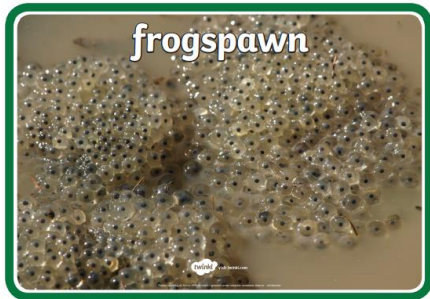
Frogs 'drink' through their skin!

Frogs are cold blooded and hibernate in winter.



Frogs are amphibians.

# Science project - Task 2



# Thursday - Activity 1 - Mindfulness breaks

## Brain Break Breathing

### Waves on the Ocean Breaths

Lie back gently on the floor with your feet out in front of you. Place your hands on your stomach. Breathe in through your nose and feel your hands rise up. As you slowly exhale, feel your hands go back down. Pretend that your stomach is waves in the ocean and your hands are a sailboat. Each time you breathe in the sailboat goes up on the waves and each time you breathe out the sailboat goes down on the waves. Repeat.



## Brain Break Breathing



### Sun Breaths

Sit on the floor in a comfortable position. Close your eyes and take some slow deep breaths in and out. Picture a bright, shining sun smiling at you. Feel the sun on your face. Breathe slowly and let the sun warm your face. Imagine the sun warming your shoulders and back. Imagine the sun warming your arms. Continue to breathe in and out slowly and calmly. Imagine the sun's warmth spreading to your legs. Finally, feel the warmth all the way in your fingers and toes. Slowly stretch your arms overhead and your legs and feet out in front of you. Take a deep breath in and bend over towards your feet. Slowly exhale and sit back up. Take one more deep breath in and out and slowly open your eyes.

### Brain Break Breathing

#### Rainbow Breaths

Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5 - 10 times. Each time you breathe in imagine you are adding another color to your rainbow. What colors are you adding to your rainbow? Once your rainbow is done slowly open your eyes.



### Brain Break Breathing

#### Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.



### Brain Break Breathing



### Butterfly Breaths

Sit on the floor with the bottom of the feet touching and the knees bent out to the sides. Put your hands on your ankles and gently bounce your knees like you are flapping butterfly wings. Close your eyes and breathe slowly and calmly. Be sure to take slow deep breaths in and out. Pretend you are flying to your favorite place in the whole world. Imagine what it looks like. What do you see? What do you hear? What does it feel like? Imagine you are flying around and you are happy and calm. Now it is time to fly home, slowly flap your wings back home. Take a deep breath in and slowly exhale. Now slowly open your eyes.

### Brain Break Breathing

### Bumble Bee Breaths

Open your hands out with the palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through the nose and breathe in. Count silently 1, 2, 3, 4, 5.

Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.



## Optional mindful colouring

