



# Home Activities



## Daily Activities

\*Play maths games on the link below. Choose any game you like

<https://www.topmarks.co.uk/maths-games/5-7-years/counting>

\*Practise neat handwriting, making sure your letters are sitting on the line and facing the right way.

\*Read or listen to a story on the Oxford Owl website or from your favourite story book.

<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page>

More stories to read/listen to

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/>

## Language, Literacy and Communication/ICT

Continuing with our Healthy Living theme, first look at the Power point 'Eat well, Stay well' in you HWB files. I'd like you to keep a food diary for the week, using the table called 'My Food Diary' on HWB. Then, using the 'Highlight' tool on the right hand side (I will send instructions on Class Dojo) highlight your healthy foods and drinks in green, and your less healthy foods or drinks in orange.

## Mathematical Development

This week I'd like you to use a measuring jug and measure the capacity of a variety of containers around your home e.g. mugs, glasses, bowls, lunch boxes, small saucepans etc.

Complete the table called 'Using a measuring jug' in your HWB files

## Health and Wellbeing

Open the document called Artistic Sport Activities. Click on any of the activity names in **RED** to take you to some dance activities to get you moving for good health. (The link to 'Upside down challenge no longer works)

You could try to make one of these healthy snacks

<https://www.upliftingmayhem.com/25-fun-and-healthy-snacks-for-kids/>

Or these fruit animals!

<https://www.natgeokids.com/uk/kids-club/entertainment/general-entertainment/fruit-animals-snacks/>

Take a photo before you eat it, then upload to your HWB, I'd love to see what you make!

## ICT

**How much sleep do you need?**

The sleep council suggests that a child between 5 and 7 needs between 10 and 12 hours of sleep per night.

How much do you sleep?

Using Chart on Jit5, keep a sleep diary for 1 week noting how many hours of sleep you get each day.

Which day did you sleep the most?

Which day did you sleep the least?

## Welsh Activity of the Week

Listen to the Welsh song 'Coginio' (cooking)

<https://cyw.cymru/en/songs/can-coginio-cyws-cooking-song/>

See if you can spot which foods are healthy or unhealthy.

## Healthy Snack / Fruit Animal ideas



#121393948



#121393006



*Famorama.com*



