

Rainbow Pack - Home Learning



Week 1

Friday 27th March 2020

Activity of the Week – Playdough Party!

Make some playdough together – (I know food is scarce, but you can use out of date ingredients if you have them in the back of your cupboard.)

There are lots of playdough recipes on Alistair Bryce-Clegg's website, but here is a basic one

<https://abcdoes.com/home-learning>



No Cook Play Dough

You will need:

- 2 cups of plain flour
- Few drops of food colouring
- 2 tbs vegetable oil
- 1/2 cup of salt
- 2 cups of boiling water

What to do:

- Mix the flour, salt, oil and food colouring in a bowl.
- Slowly add the boiling water.
- Stir as you add the water (you may not need it all!).
- Allow to cool and then knead and play.

Playdough can be used for so many things. You can make pretend cakes, monsters, letters and numbers. See the link below for ideas of things you can make or do with playdough.

<https://www.learning4kids.net/category/play-dough/>

You can also join in with the daily 'Dough Disco' sessions.

'**Dough Disco**' is a fun activity which combines the use of play **dough** with a series of hand and finger exercises designed to improve fine muscle control. The movements develop children's fine and gross motor dexterity, hand-eye coordination. You can recreate a dough disco with any of your favourite songs – see the next page for suggested moves.

Shonette Bason Wood is currently doing daily dough disco sessions at 9:30 each morning. Or there are lots of dough disco nursery rhymes online.

<https://www.youtube.com/watch?v=KSBO8N4ctJg&list=PLtw-7Jf06an2kfrMTdYqf21GkM0YT2HaP>



Dough Disco!



What is dough disco?

Dough disco involves moulding dough in time to music and performing different actions such as rolling it into a ball, flattening it, putting each individual finger into the dough, rolling it into a sausage and squeezing it.

Why do dough disco?

This activity helps to strengthen children's fine motor muscles to enable them to develop their pencil grip which in turn will help to develop their writing skills. But most of all it's fun!

Dough disco moves!

Roll the dough into a ball using both hands.



Poke the dough with each finger and thumb in turn to make holes in the dough. Make sure you swap hands so all fingers and thumbs are used. Extend by using names of fingers and thumb:

- Tom Thumb
- Peter Pointer
- Toby Tall
- Ruby Ring
- Baby Small

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Squeeze the dough with all the fingers and thumb using a fist grip one hand at a time.



Sausage! Roll the dough between both hands moving backwards and forwards to make a sausage.



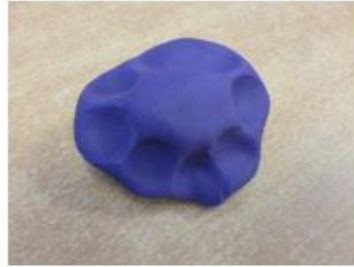
Pancake! Hold the dough in one hand and push the other hand flat into the dough. Repeat this until the dough is flatter!



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Pinch the dough. Hold the dough in one hand and use Tom Thumb and Peter Pointer to pinch the dough. Then swap hands and repeat.



Try it at home! You have nothing to lose but all to gain by doing dough disco at home! Your child will develop the muscles in their hands to help them with their pencil grip which will help them with their writing skills. Give it a go and have some fun!

Rhyme of the Week – 5 Little Ducks

<https://www.youtube.com/watch?v=pZw9veQ76fo>

Watch the video and join in with the song.

Can you act the song out using ducks that you make yourself? You could draw some and cut them out or make some out of playdough or lego.

Can you work out how many ducks will be left after you take one away?

Story of the Week – We're Going on a Bear Hunt

<https://www.jointhebearhunt.com/>

Watch this version of the story retold by Michael Rosen who wrote the book.

Can you join in with all the repeated lines, the sounds and the actions?

You could hide a teddy around the house or garden and go on your own bear hunt to look for it.

Have fun playing and learning together!