

# Rainbow Pack - Home Learning



Week 15

Thursday 2<sup>nd</sup> July 2020

## All About Me!

Look at me!



Can you make a life-size picture of yourself? Use a roll of paper – the back of a spare piece of wallpaper maybe. Ask your child to lie on the paper while you draw around them.

Then together, talk about the parts of the body. Where are your eyes? Let's draw them on. Talk about knees, shoulders, elbows. Can you decorate your picture? What clothes are you wearing today?

Take a photograph of you next to your picture. Do you look the same?



Outside, you could use chalk to draw yourself on the floor.

Could you use natural materials to make a picture like this one?

# Rainbow Pack - Home Learning



There are some fantastic ideas here for making pictures out of household objects.

You could have great fun making people in lots of different ways.



This picture includes the child's hand and footprints.

<https://www.learning4kids.net/2011/11/06/paint-me/>

If you've got some paint, you could try printing with your hands and feet too.



# Rainbow Pack - Home Learning



## How do you feel today?

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

### How do you feel?

ABC DOES...

Cut out some eyes, noses and mouths from magazines or leaflets.

If you have some pebbles then stick them on using white glue.

Draw a basic face shape and use the pebbles to make funny faces.

Use the opportunity to talk about feelings.



Children really benefit from being able to talk about their feelings. Try some of these activities as a way to teach them the words happy, sad, excited, angry, worried, surprised and Use pictures to make different faces, or play a game where you look in a mirror and make an angry face, make a happy face etc. Children love seeing how their faces change. Or instead you make an expression and they have to guess how you are feeling.



# Rainbow Pack - Home Learning



We need to eat a balanced diet to keep ourselves healthy. Here is some information from St Helens Community Food and Nutrition Team

## The importance of healthy eating for young children

Eating habits are developed early in life.



A healthy, balanced diet and regular exercise are essential for young children's health and wellbeing.



### What is a healthy balanced diet?

Young children need a healthy, balanced diet based on the four food groups, which provide the nutrients to help them grow and develop.

### The four food groups:

1. Potatoes, bread, rice, pasta and other starchy carbohydrates
2. Fruit and vegetables
3. Beans, pulses, fish, eggs, meat and other proteins
4. Dairy and alternatives

Almost one in four children are overweight or obese before they start school. Obese children are more likely to become obese adults, who are more likely to develop a range of health issues.



HM Government

Example menus for early years settings in England can be found [www.gov.uk](http://www.gov.uk)

**5532-a-day**  
Perfect portions for little tums (1-4 years)

Examples of foods and children's portion sizes:

- 5 -a-day Starchy Foods** (Potatoes, bread, rice & pasta)
  - 1/2 slice bread
  - 1/2 oat cakes
  - 2-4 tbsp breakfast cereal
  - 1/3 tbsp mashed potato
  - 2-5 tbsp cooked pasta/rice
- 5 -a-day (or more) Fruit & Vegetables**
  - 2-5 carrot sticks
  - 1/2 banana
  - 3-10 grapes (halved)
  - 1/2-2 tbsp peas
  - 1/2-2 tbsp broccoli
- 3 -a-day Dairy Foods** (Milk, cheese & yogurt)
  - 1 beaker of milk (100-120ml)
  - 1 pot of yogurt (125ml)
  - 1 cheese triangle
- 2 -a-day Protein Foods** (2 portions if child is vegetarian) (Beans, pulses, fish, eggs, meat and other proteins)
  - 2-4 tbsp chickpeas, kidney beans, shell, lentils or beans
  - 2-4 tbsp cooked minced meat
  - 1/2-1 small fillet of fish

**Drinks**  
Offer 6-8 drinks a day, mostly water

Guides to number of portions across the day in meals and snacks

5 -a-day (or more) Fruit & Vegetables

5 -a-day Starchy Foods

3 -a-day Dairy Foods

2 -a-day Protein Foods

10 Portions & 6 cups of vegetables

See overleaf for more examples...

HM Government  
Department of Health  
Public Health England  
© 2015

St. Helens Virtual School

# Rainbow Pack - Home Learning



## Rhyme of the Week

### Head Shoulders Knees and Toes

<https://www.youtube.com/watch?v=fvEtwhui1k0>



## Song of the Week Oh I've got a body!

See if you can name all the body parts and join in with the actions in this song

<https://www.youtube.com/watch?v=0OGR43e5hpA>

## Exercise of the Week

Learn to dance with Oti in this Boogie Beebies episode called 'Feeling Good!'



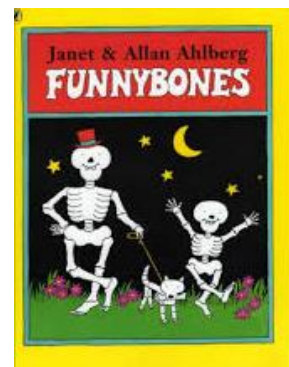
<https://www.bbc.co.uk/iplayer/episode/m000jsnw/otis-boogie-beebies-series-1-5-feeling-good>

## Story of the Week

**Funnybones** by Janet and Alan Ahlberg

There are lots of body parts mentioned in this story.

<https://www.youtube.com/watch?v=9O9ErtvJKEo>



# Have fun playing and learning together!

Chris Dixon  
Educator  
Early Years Advisor for St Helens Virtual School

St. Helens Virtual School