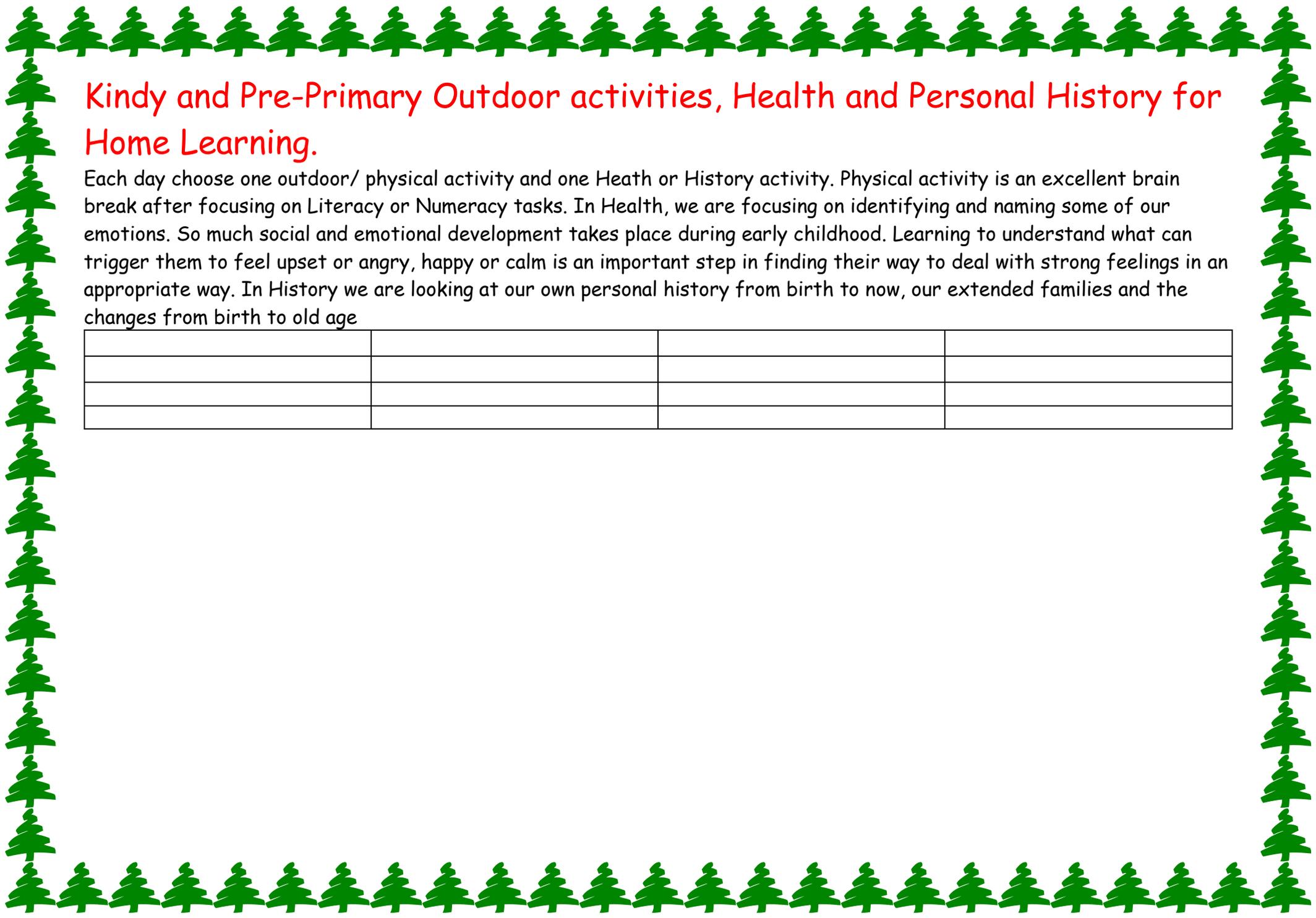


Kindy and Pre-Primary Outdoor activities, Health and Personal History for Home Learning.

Each day choose one outdoor/ physical activity and one Health or History activity. Physical activity is an excellent brain break after focusing on Literacy or Numeracy tasks. In Health, we are focusing on identifying and naming some of our emotions. So much social and emotional development takes place during early childhood. Learning to understand what can trigger them to feel upset or angry, happy or calm is an important step in finding their way to deal with strong feelings in an appropriate way. In History we are looking at our own personal history from birth to now, our extended families and the changes from birth to old age

Gross Motor Activities	Health	History	WATCH
Go to Go Noodle. Do a guided Dance on NTV KIDS Channel or Fabios Meatballl Run on Moose Tube Channel.	WATCH:The Colour Monster. A story about emotions. (storytime with Elena) Talk about the feelings in the story. How does the Colour Monster feel at the end?	WATCH:The Family Book(Read it Again) Talk about who is in your family. Draw all the people that live in your house. Draw your family that don't live with you.	My Family, Your Family, Our Families. A song by Cantana Learning
Play""What's the time , Mr Wolf" or "Crocodile, may we cross your golden river? " Ship, Sea,Shore. Draw a Hopscotch design outside. Blow bubbles and chase them.	Paint paper, using all the colours in The Colour Monster story. When the paintings are dry, trace around a small cup, cut out circles and sort the colours into jars, like in the story.	WATCH:Alfie gets in First by Shirley Huges.(Caroline Finch) Talk about the story. How would Alfie be feeling? What would Alfie's mum be worrying about? Find other Alfie stories.	How to play Hopscotch. 9 steps with pictures- wikiHow Look on Pinterest and search for Colour Monster activities.
If you have a trampoline, see if you can jump for 3 minutes without stopping. Can you do star jumps ?	Draw different faces to show some of your feelings.	Find some pictures of you from when you were a baby. Find a photo for each birthday and make a timeline of your life .	Look on Pinterest for some fun timeline ideas. You might even have a photo from before you were born.



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