

Hello Acorns! Welcome back to home learning. We hope that you have had some lovely home time with your families. We know it feels a bit strange not being in school but it's ok to feel like that and we know that your adults are keeping you safe. We know for some of you this will be extremely hard but just try your best.

This week we are going to learn about Healthy Eating.

Reading and Understanding

The Hungry Caterpillar

Some of you have this book at home, so please ask an adult to help you. Look on the school website and read along with Mrs McCarthy; also on YouTube there is a little animated story of The Hungry Caterpillar. Try your best to look at them all.

Which one did you like the best?

Can you think of 3 reasons why you like it?

Can you retell the story to your family? Try and remember some of the signs that we use in Acorns.

Don't forget to try to count along with each fruit and vegetable.

English, Maths and Science

Try to spend at least 10 minutes every day on Purple Mash. If you have not got your log in then contact school and you can have lots of fun.

This week's rule is still Be Kind.

Try and give somebody else a compliment every day. Do you remember what a compliment is? It's when you say something nice to a person. For example "Oh Mrs Coates, I like your hair today" or "Oh thanks mum, you made a really nice sandwich for dinner today". Give it a try.

Rainbow Scavenger Hunt

RAINBOW SCAVENGER HUNT

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-  Find something red.
 -  Find something yellow.
 -  Find something orange.
 -  Find something green.
 -  Find something blue.
 -  Find something purple.
 -  Name a fruit that is red.
 -  Name an animal that is yellow.
 -  Name a vegetable that is orange.
 -  Name a plant that is green.
 -  Name a flower that is purple.
 -  Name something outside that is blue.

Can you name a food that is **red** that you like or don't like ?

Can you name a food that is **yellow** that you like or don't like?

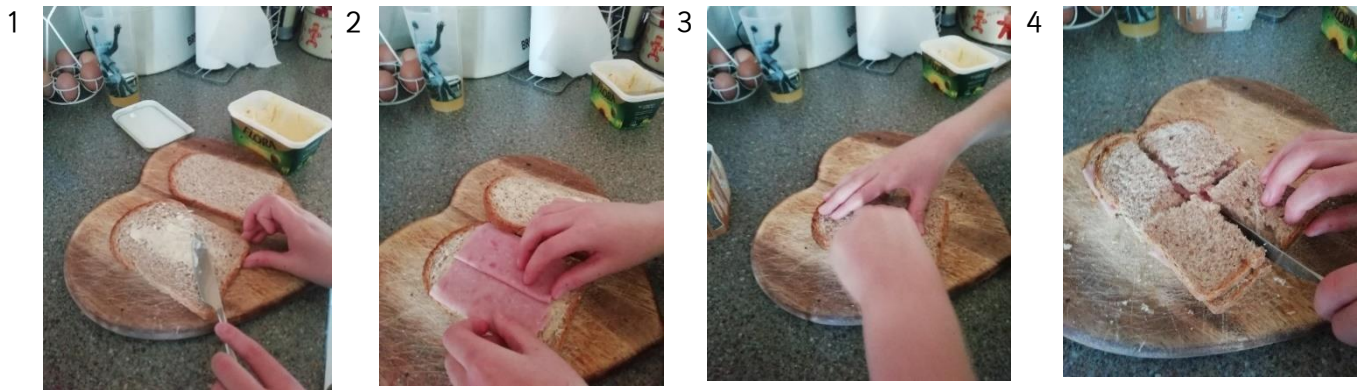
This is the Eat Well plate. We use it in Acorns. We try our best to chose something from every section in most meals.



Following instructions.

Try and make a healthy sandwich. Remember how we made our egg mayonnaise and cress sandwiches in Acorns? Choose something that you like and that you have at home.

1. First get your ingredients ready.
2. Next spread the butter on your bread.
3. Put your chosen food in the middle.
4. Carefully cut your sandwich into quarters. (4)
5. Finally eat your sandwich and be proud.



Physical Education

1. One jump as high as you can
 2. Two big strides
 3. Three touch your toes
 4. Four frog jumps
 5. Five star jumps
- Repeat this 3 times.

Try your best to do these exercises for 5 minutes every day. You could ask your brothers and sisters to join in.

Try to keep all your home learning in one place. If you can't find your colouring pencils, ask your adult to take photos and send them to school or the new school facebook page.

Don't forget to look up free resources on:-

www.elsasupport.co.uk

www.purplemash.com/sch/stjohnsfs