



# What powers our lives?

## 'Happy, Healthy Me'

### Buds & Blossoms Home Learning Grid



#### All About Me

Can you make a collage or a video all about you?

Think about:

- What you like playing with.
- What your favourite food is.
- Where you like to visit.
- Your favourite toy?

#### Kitchen Counting Challenge

Count how many fruits and vegetables you have in your house

Can you sort them out:

- By colour?
- By size?
- In different categories?

#### Lively Lava

Can you make your own lava lamp?

Follow the instructions from the PDF below.

What colours will you use? Watch the magic happen once you've added the special ingredient!

#### Pizza Party

Can you make a home made pizza?

Follow the recipe in the PDF below.

Why don't you taste test some new veggies first? If you like them, you can add them as toppings to your pizza!

#### Healthy me hunt

Go outside and find:

- Something to run around
- Something to climb or step over
- Something that makes you feel calm.

Talk about how being outdoors helps our bodies and minds.

#### Flavour Fusion Fun

Try different combo's of snacks

- peanut butter & apples
- cream cheese & peaches
- ketchup & broccoli
- hummus & cucumbers
- cheese & grapes
- mozzarella & tomatoes

#### Jump and Jive

Watch one of the fun keep fit videos from the link below.

<https://netflexkids.com/archives/category/fitness-game>

- How does your heart feel before you start the video?
- How does your heart feel at the end of the video?
- What has happened to your breathing?

#### Treasure Trail Game

All you will need is 5-10 small objects e.g. toys, socks, spoons, a book.

How to play:

1. Hide the objects around the house (under a chair, behind a pillow, in a shoe, etc.).
2. Give the first clue, such as: "Look where you sit to eat."
3. At each found object, give another clue leading to the next spot.
4. The final clue leads to a treat or treasure.

#### Spring Bubble Blossoms

Can you make a beautiful floral art work using coloured bubbles?

<https://www.apieceofrainbow.com/bubble-paint-flower-hydrangeas/>



## Weekly Dos

- ❖ Counting forwards and backwards. How far can you count?
- ❖ Help lay the table ready for tea. Can you ask what you would like, using please and thank you? Can you cut your food yourself?
- ❖ Practise saying the days of the week.
- ❖ Learn your full name and the names of your family members. Practice writing your full name - remember names start with capital letters, but we don't write it all in capitals.
- ❖ Help to complete a household job (tidying your bedroom, pairing socks etc).
- ❖ Go outside for fresh air.
- ❖ Play a game with your family.

It is not compulsory to complete these activities, but they are activities that will help you child in their learning.

They are designed to be completed together, or as a family. It would be great to see the whole family getting involved!

You should have everything you need here to complete these activities, but don't hesitate to contact your teacher if you need a little extra advice!

#### Completed an activity?

Take photographs, draw pictures or record a video of your child doing the activities and upload them to their Class Dojo portfolio.

We can't wait to see what you've been up to!