

<p>Did you know that oceans and seas are made up of salt water? Try this science experiment to investigate floating and sinking. Collect some different objects from around the house that will not be damaged by water. Experiment by dropping them into your bath or a large dish of water and watch what happens to them. Do they sink to the bottom or float on the top of the water? Why do you think that is?</p> <p>As an extra challenge, ask your adult to dissolve as much salt as possible into a dish of water to make it salty like the ocean. Fill another dish with water with no salt. Gently drop an egg into each dish. What do you notice? Do both eggs do the same thing?</p>	<p>Have a look on Google Earth. Can you see how much of the world is covered by seas and oceans? Is there more water than land?</p> <p>Watch this short video clip of some of the creatures found in our oceans  <a href="https://www.youtube.com/watch?v=hXtrly95V80">https://www.youtube.com/watch?v=hXtrly95V80</a></p> <p>Can you name any of them?</p> <p>Draw a picture or make a model of your favourite sea creature, thinking about the colours you need to use to make it look like a real creature. Do they have fins? Legs? How many eyes?</p>	<p>Experiment with techniques to create an undersea picture. Try using a white wax crayon to draw wavy lines on the paper, then paint a watery wash of blue or green paint over it. Try to create different shades of blue or green by adding a little white paint or mixing the blue and green together. Before the paint dries, experiment with sprinkling a little bit of salt onto the paper to create an interesting effect. Then either paint or draw some sea creatures, cut them out and stick them on to complete your underwater scene.</p> <p>What else could you add to your picture? Research undersea plants or objects like rocks, reefs or ship wrecks using books or the internet.</p>	
<p>Share a book about oceans or seas with your family. If you don't have a story set in the ocean or sea, you can find lots on YouTube. My favourite stories about ocean creatures are 'Tiddler' and 'The Snail and the Whale', both by Julia Donaldson &amp; Axel Scheffler, or 'Commotion in the Ocean' by Giles Andre.</p> <p>Can you remember any of the sea creatures in the story? Which are your favourites? Why?</p>	<p><b>Colour in the boxes to show which activities you have done. 😊</b></p>	<p>Create a 'Fine Motor Octopus'. This is great as a counting activity as well as a fine motor skills workout. You will need: a paper plate or a large circle of card or paper; some coloured pens; eight pipe cleaners or pieces of string; a hole punch; pasta or similar objects for threading. Follow this link for instructions.  <a href="https://buggyandbuddy.com/fine-motor-octopus/">https://buggyandbuddy.com/fine-motor-octopus/</a></p> <p>You can count the pieces of pasta on each leg and compare the amounts. Or for extra challenge, match a numeral with the correct number of pieces for each leg.</p>	
<p>Make an ocean themed number line this week!</p> <p>Write number 1 on a piece of paper, then underneath, draw one fish. Then on another piece of paper write numeral 2 and draw 2 turtles. Repeat with numbers to 10, choosing different sea creatures for each number.</p> <p>For extra challenge, make numbers to 20!</p>	<p>Try a 'Cosmic Kids' video workout! There are lots of undersea adventures to choose from on YouTube. These will help with balance and co-ordination as well as being great exercise!</p>	<p>Look at the sea creatures colouring sheet, or get out your own sea creatures to make an ocean scene in your bath or sink. Try to hear and say the initial sound of the creature's names (e.g. ffffffish, or t-t-turtle), or even try and 'Fred Talk' them (e.g. f-i-sh, fish). How many of each can you see?</p> <p>Play 'I Spy' with your family, using the sea creatures or just using anything you can see around you. Remember you need to say the sound that the word starts with!</p>	<p>It is important to stay fit and healthy in mind and body, so combine fitness with some counting! Watch Jack Hartman 'Count to 100 by 1's' song and join in with the actions while saying the numbers.</p> <p>For extra challenge, make up your own exercise routine, counting 20 of each action.</p> <p>Continue to practise dressing and undressing by yourself. Set a timer to see how quickly you can put on your clothes each day, and keep a record to see which day you got dressed the quickest during the week. Are you faster at getting dressed or undressed?</p>

**Don't forget there are so many opportunities every day to practise counting, sorting, measuring and to look at shapes and patterns, as well as reading stories, chatting and learning new words, talking about feelings and emotions, and enjoying time together! 😊 And we would love to see what you have been up to, so please share your photos and experiences by sending them to 2Build A Profile, either reply to the email you have received with your child's electronic learning journal, or email [inbox@2buildaprofile.com](mailto:inbox@2buildaprofile.com) . Keep playing and have fun! 😊**

<p>Ask your child to pick their favourite book and tell you why they love it.</p> <p>While you are reading it together, see if they can spot any rhyming words, or even words that start with the same sounds (alliteration).</p> <p>For extra challenge, sound out simple words and encourage your child to hear the word that the sounds make.</p>	<p>Physical exercise is important for staying fit and healthy. Do the 'Daily Mile' every day.</p> <p>You could walk, run, cycle, go on a scooter, push a doll in a pushchair, or do a mixture of all of them!</p>	<p>Talk to your child about ways they know to stay healthy. Think about eating healthy food, healthy drinks, getting enough sleep, staying active and good hygiene. Which of these are they good at? Which could they try to do more?</p> <p>Ask your child to make a promise to do one thing this week to help them be healthier – it could be to try a new fruit or vegetable every day for a week, or to drink more water, or to do an activity that makes them feel out of breath every day.</p> <p>I am going to try to do more exercise every day. What will you do to stay healthier?</p>	<p>Play a phonics game.</p> <p>You will need some objects that can be sounded out phonetically (e.g. cat, pan, hat, egg, shell, sock, cup, rock, ted) and a teddy or other toy. Pretend that the teddy has told you which object to choose, then sound out the name of the object phonetically and ask your child to pick the correct object. If they cannot hear the word, give them a clue, then model the sounding out (e.g. that's right, the p-a-n pan) and ask your child to repeat it.</p> <p>For extra challenge, reverse roles and your child sounds out the name of the object phonetically for you to pick. Model the correct sounds by repeating it correctly as you pick it up.</p>	
<p>Read 'Oliver's Milkshake', or watch it being read aloud on YouTube.</p> <p>Can you remember which animals Oliver saw at the farm? What did Oliver's Aunt Jen buy from the farm? What did they want to make? What fruit would you choose to put in your milkshake?</p> <p>Make your own delicious, healthy milkshake with your favourite fruit.</p>	<p><b>Colour in the boxes to show which activities you have done. 😊</b></p>		<p>Do a sorting activity with food from your fridge and cupboards. Get out a selection of food and drinks. Can you sort them into things that are good for you and things that are not so good, but might be a tasty treat? Count how many healthy foods you have sorted, and how many treats. Which group has more? Which has less? Which group has your favourite foods in it?</p> <p>On a paper plate or a circle of paper, create a healthy meal you would like to eat, either drawing pictures of the foods you would like, or cutting them out of a magazine or newspaper.</p> <p>Maybe you could even help to make it for your family meal?</p>	
<p>It is important to look after your teeth and keep them healthy too.</p> <p>Watch the 'Brush Your Teeth' song on YouTube, and practise brushing your teeth really well for two minutes – the same length of time as the song 😊</p>	<p>Make a card for 'Father's Day'. It could be for Dad, Grandad, or another special man.</p> <p>Think about their favourite things then decide how to decorate the front, and write your name inside.</p>	<p>Make a number line by writing numbers to 10 or 20 on squares of paper, or use the sea creature number line from last week. Ask your child to help you put the numbers in the correct order.</p> <p>Get one of their teddies or toys to play along with you, and take away a number when your child is not looking. Can they tell you which number the teddy has taken? Ask them to point to the number that is one more or one less than a given number. Can they tell you what 'more' or 'less' mean?</p>	<p>Draw a picture of your friends and tell your adult about them. Tell them why you like to be friends with them and what you like to play.</p> <p>Ask an adult to light a candle and say a prayer of thanks for your friends and family.</p>	<p>It is important to build up core strength and the strength in your child's shoulder, elbow and wrist joints in preparation for writing. Try to do an activity every day to develop these e.g. sweeping with a large broom, washing cars, doors or windows, drawing chalk pictures on the ground outside, sawing actions, pushing and pulling.</p>

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