

## YEAR 1 HOME LEARNING TIMETABLE WEDNESDAY 3 FEBRUARY

09:00 - 9:30	9.30 - 10:30	10:30 - 11:00	11:00 - 11:30	11:30 - 12:00	13:00 – 14:00	
PSHE ASSEMBLY	GIVE	SHARING	CONNECT - CLASS ZOOM	KEEP LEARNING	BE ACTIVE	TAKE NOTICE & STORY TIME
Assembly	Get Creative	Make and Share	Connect on ZOOM	Origami	Be active	Reflection
1Hepworth	Take time to do something for your family, a friend or your	It's always fun to try something new. Try making this at home. You could then share this with a	Join in and see your class teacher via a virtual ZOOM	Can you learn a new skill today?	Go for a walk, jog, run, or take part in one of Miss Morris'	Pause and observe what is going on around you. Take a
LKhalo LMonet	community. Is there something helpful you could do around the	friend or your brother/ sister. What could you make with this playdough?	connect. Your teacher will be discussing with you how YOU choose to Express Yourself.	Origami is a Japanese paper folding technique. You can learn to make all sorts of	Perhaps you could build an	break and reflect on what you are feeling.
An introduction to our mental nealth awareness day under the theme Express Yourself. We are	house?  Could you write a note/ make a card for a friend/ family	Try out this great playdough recipe here.	Don't forget to bring your very best behaviour!	different shapes and animals and its super fun!  Try out this hummingbird.	obstacle course in your room? Or complete an exercise for every letter in the alphabet.	Meditate with Cosmic Kids.  Think about what makes you feel happy and confident.
going to spend the day working on the following pillars for positive mental health:	member?	The <b>BEST</b> Playdough	<b>Note</b> : All cameras will be on, all microphones will be on MUTE.	Try out this numiningbird.	Check this out.  Express yourself: Which type of	Draw a picture of how YOU like to best express yourself.
Give Sharing Connect Keep Learning Be Active	Check out these ideas!	1 cup flour 2 tsp cream of tartar 1/2 cup salt 1 tbsp cooking oil 1 cup water	WO I L.		exercise do you most enjoy?	Express yourself: How else can you capture this moment?
Take Notice  You can change the time of all of these to suit your family.  Connect will have to remain at	Could you go on a walk and do a litter pick to improve your local area (with an adult!).	food coloring  Mix food coloring with your water first. Then add the vegetable oil and water with food coloring to a large pot. Add the dry ingredients to your pot and mix well.  Cook over low to medium heat until the dough starts to form and becomes dry Once it starts to form a ball take of the heat.  Once cook kneed for 5 minutes.		Let us know how it goes and send a photo of what animals or shapes you can make out of coloured paper.	BY A THURST LIPE CON	Story Time  In 10 Mark Police Including under & Retified (Stoler and July Journillage) PETER H. REVINOLDS
he same time for your year group.	Maybe you could bake a cake for your whole family to enjoy?			Express yourself: Which style of learning suits you best?		Be You!
Self-Care & Mental Health  for Kids  Share your own feelings to fe	Try out this easy tray bake here.					
Pocus on articulating and diaries.  I am angry: I am sad:  Encourage your set the standard, and diaries.  Encourage your child to focus on the moment.  Recognize taxic stress events.  BlessingManifesting  Encourage for yourself to set the standard.  Establish a set ficare routine.  Cultivate interests and hobbies.	Let us know how it goes!  Express yourself: Which plays to your strength?					
Please photograph yourself doing these activities and let us know how you felt and what you enjoyed.						

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