









Thornwood Primary School

Home Learning Week Commencing 27/04/20 (Nurture Support)

Please find below some nurture activities that your child can complete during the week. Your child can choose which activities they wish to complete but don't feel you need to complete all the activities in the grid. Most importantly, keep safe and have fun!

<p>Make a self-esteem pretend pizza. Colour a paper plate red. Cut out other shapes to represent the toppings. Write a proud moment or a skill you have on each of the topping shapes and then stick them on the pizza.</p> 	<p>Make a 'Thank You' rainbow. Place a dinner plate on a piece of white paper. Draw around the plate. Cut out the circle. Draw six circles inside the large circle making a smaller one each time. Colour the outside ring red then colour the rings orange, yellow, green, blue, indigo and violet. Cut the circle in half and you will have two beautiful rainbows.</p> 	<p>Sticky Tape Initials Use sticky tape to make an initial from your name and stick the initial tape on to the paper. Paint all over the paper and the tape using a variety of colours or use crayons. When dry peel the tape off to reveal a lovely artwork. Make a second with another initial.</p> 	<p>Rocky Road Squares Line a baking tray with greaseproof paper. Place 12 digestive biscuits in a bag and bash them into crumbs. Add 4oz of butter, 3 tablespoons of Golden Syrup and 10 oz of dark chocolate to a saucepan. Heat gently. Add 3 oz of mini marshmallows and stir. Pour the Rocky Road mixture into the baking tray. Refrigerate for two hours. Cut into fingers and eat.</p> 	<p>Mindfulness and Keeping Active Smiling minds: https://app.smilingmind.com.au/ BBC Supermovers www.bbc.co.uk/teach/supermovers Cosmic Yoga is another good website (type 'cosmic yoga' into your search engine and you will find lots of ideas).</p> 
<p>Art/Design Take a piece of paper or card 16cm by 16cm. Cut a square in the centre of the card 12 cm by 12 cm. Use your 'Viewing Card' to look out of the window OR draw a feelings self-portrait.</p> 	<p>Information Book Hunt Find a book that makes you laugh. Find a superhero in a book or a picture of the sun or pet in a book.</p> 	<p>Scavenger Hunt Find a shape, which has a line of symmetry. Measure your height and write it down with the date. Find a pattern in your home and then find five 3D shapes.</p> 	<p>Write down 5-10 good things that have happened today. It can be as simple as I had fun or I made someone laugh. If you like you can draw a picture of your favourite experience.</p> 	<p>Communication Share breakfast with your family. Everyone discusses three things that they are good at and three things they can try to get better at. Repeat a week later and celebrate your family success.</p> 