













## Growing Up

	Activity	What to do	Useful websites or apps	How to record learning.	Area of learning	Some extra Learning
Monday	<p><u>My Teeth</u></p> 	<p>Explain to your child that if we don't take care of our teeth as we grow, they can get stained and discoloured (yellow). Next, show your child how brushing them can help to keep them white and shiny.</p> <p>After they have seen how we brush here is a great activity you can do together.</p> <p><b>What to do:</b> Draw a tooth and begin to paint the tooth with white paint as you do so again explain brushing is a part of growing the more, we brush the stronger and whiter our teeth become.</p>	<p><b>What you will need:</b></p> <ul style="list-style-type: none"> <li>• An old toothbrush</li> <li>• White Paint</li> <li>• Coloured paper</li> </ul>	<p>Take pictures of your child doing the activity at different stages and bring them into nursery on your return or send them to us at <a href="mailto:Info@ronaldopenshaw.newham.sch.uk">Info@ronaldopenshaw.newham.sch.uk</a> with some information about what they are doing. (Don't forget to put your child's name and class on the email heading).</p>	<p>Communication and Language, Understanding of the World, Mathematics, Physical development and Expressive Arts and Design.</p>	<p>We want you to think about all the ways in which our bodies grow and move. Have a go at exploring some of these question:</p> <ul style="list-style-type: none"> <li>• How can you move your whole body?</li> <li>• How can you move your hands and fingers?</li> <li>• How can you move your shoulders, your body and your hips?</li> <li>• How can you move your legs?</li> <li>• How do you move your ankles and your toes?</li> </ul> <p>Now think about the difference between how you do all these things now compared to how you did them when you were little.</p>

<p>Tuesday</p>	<p><b><u>Measuring for Fun Learning</u></b></p>  <p>Tape measure and ruler for learning fun!</p>  <p>Measure items on your child's body and items around the home.</p>	<p>Children can measure themselves withiest having fun as they can lie onto big sheets of paper and a grown-up older sibling can trace around or get them to lay on the floor and draw around them with chalk.</p> <p>Using a tape measure or ruler children can identify the numbers on the measurements and can discuss the length of themselves and objects being measured. This is a good introduction to measuring.</p> <p>Children can trace around their hands and feet and find objects around the house that are the have the same length or width and compare them as they trace around the objects. After this the children may want to decorate their trace on the paper to how they see themselves similar to a self-portrait but including details such as clothing.</p> <p>Why don't you have a go at making a height chart. A height chart is the perfect way to follow your child's development and growth. Simply hang it up and enjoy the years. You could make your own or download one here.</p>	<p><b>What you need:</b></p> <ul style="list-style-type: none"> <li>• Paper (large if you can)</li> <li>• Pens</li> <li>• Colouring pencils</li> <li>• Tape measure</li> <li>• Chalk</li> </ul> <p>Take a look here:  <a href="https://beaconvillages.wordpress.com/2013/03/14/measuring-for-fun-">https://beaconvillages.wordpress.com/2013/03/14/measuring-for-fun-</a></p> <p>Download a height chart here:  <a href="https://www.teacherspayteachers.com/Product/Classroom-Height-Chart-3679655learning/">https://www.teacherspayteachers.com/Product/Classroom-Height-Chart-3679655learning/</a></p>		<p>Communication and Language, Mathematics and Understanding of the World, Expressive Arts and Design, Physical development and Literacy.</p>	<p>Have you signed up for the Boromi #dailyplay email yet? They send out daily emails with different ideas to keep you busy while were not at nursery. You can sign up here:  <a href="https://www.boromi.co.uk/dailyplay">https://www.boromi.co.uk/dailyplay</a></p> <p>Here are a few that you might find useful:</p> <p>Feeling Faces:  <a href="https://mailchi.mp/boromi/welcome-to-the-boromi-dailyplay-1501049?e=2ba108187f">https://mailchi.mp/boromi/welcome-to-the-boromi-dailyplay-1501049?e=2ba108187f</a></p> <p>Tea party:  <a href="https://mailchi.mp/boromi/welcome-to-the-boromi-dailyplay-1504509?e=2ba108187f">https://mailchi.mp/boromi/welcome-to-the-boromi-dailyplay-1504509?e=2ba108187f</a></p> <p>Doctors:  <a href="https://us5.campaign-archive.com/?u=fbf77d80b5426a97fe25e4316&amp;id=69ac8479fa">https://us5.campaign-archive.com/?u=fbf77d80b5426a97fe25e4316&amp;id=69ac8479fa</a></p> <p>Boromi has a great idea for another relaxation activity  <a href="https://us5.campaign-archive.com/?u=fbf77d80b5426a97fe25e4316&amp;id=e8025a8988">https://us5.campaign-archive.com/?u=fbf77d80b5426a97fe25e4316&amp;id=e8025a8988</a></p>
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<p>Wednesday</p>	<p><u>Make your own growth story book</u></p>  	<p>Adults can support children's personal, social and emotional development by explaining to them that children grow up to be adults.</p> <p>Adults can use resources, such as pictures of their families, books or the internet to explain to children and to compare themselves with their child. For example, adults can encourage children to think about what differences they can see between them and adults. Adults then can talk about physical appearance, such as height and strength and that children will also grow taller and become stronger.</p> <p>Age can also be a topic, as part of growing up is also becoming older. Children's baby pictures can be used to show them that they used to be very young and small and after a few years, have grown. Role play is also a great way to develop children's thinking about growing up, as adults can pretend to be a child and children can pretend to be an adult.</p>	<p>What you need:</p> <ul style="list-style-type: none"> <li>• Family photos</li> <li>• Paper</li> <li>• Pencils</li> <li>• Colours</li> </ul>	<p>Take pictures of your child doing the activity at different stages and bring them into nursery on your return or send them to us at <a href="mailto:Info@ronaldopenshaw.newham.sch.uk">Info@ronaldopenshaw.newham.sch.uk</a> with some information about what they are doing. (Don't forget to put your child's name and class on the email heading).</p>	<p>Communication and Language, Literacy, Understanding of the World, Physical development, Expressive Arts and Design and Mathematics</p>	<p><u>What amazing skills do you have?</u></p> <p>You can challenge your child to do different things with their body for example; clap your hands, pick things up with your fingers and toes, (apart from listening I wonder what else you can do with your ears..) etc. Take picture and add a speech bubble for each body part.</p> <p>We would also really like you to let us know any new things you have been learning at home, getting dressed by yourself, using the toilet, feeding yourself, writing your name, not having a bottle or dummy, sleeping all night. We love being proud of you!</p>
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<p>Thursday</p>	<p><u>When I grow up.</u></p>  	<p>Prompting kids to dream about what they want to be when they grow up will help them to think about more than just the present and is a perfect opportunity to talk about goals.</p> <p>Encourage your children to talk about all the things that they could do when they grow up. You could get them to talk to the grown ups around them. Get them to ask questions about what they have to do and why they like it.</p> <p>Then provide them with a range of clothes and objects and allow them to have the chance at role-playing these jobs, to see which ones they like best!</p> <p>Have a go at asking them arrange of questions all about their new jobs.</p>	<p>When I grow Up:  <a href="https://www.youtube.com/watch?v=DCR_QCqT_WY&amp;app=desktop">https://www.youtube.com/watch?v=DCR_QCqT_WY&amp;app=desktop</a></p> <p>What you need:</p> <ul style="list-style-type: none"> <li>• Dressing up clothes</li> <li>• Paper</li> <li>• Pencil</li> <li>• Colouring pencils/ pens</li> </ul> <p>Have a look here for some more information:  <a href="https://alittlepinchofperfect.com/when-i-grow-up-activities-and-free-printable-for-kids/">https://alittlepinchofperfect.com/when-i-grow-up-activities-and-free-printable-for-kids/</a></p>	<p>Send us a photo of you in your favourite outfit with a story about when you wore it.  <a href="mailto:Info@ronaldopenshaw.newham.sch.uk">Info@ronaldopenshaw.newham.sch.uk</a>          don't forget to put your child's name and class on the email heading).</p>	<p>Communication and Language, Mathematics and Understanding of the World, Expressive Arts and Design, Physical development and Literacy.</p>	<p><u>Creative Growing.</u>          Have a look at a number of activities on the link below associated with growth. My favourite is the Lego. Why not help your child to build a logo tower that is their exact height. And each day add another piece to it to see how much they have grown?          Why not draw over your feet and use stones to count how big your feet are?  <a href="https://firstgradeblueskies.com/jack-beanstalk-activities/">https://firstgradeblueskies.com/jack-beanstalk-activities/</a></p>  
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<p>Friday</p>	<p><u>Let's make soup!</u></p> 	<p>Have a go at making your very own soup.</p> <p>Get your child to wash their hands, then talk about the different foods you have selected to go in your soup. What are they?</p> <p>Look at books to see if they are healthy, their benefit for the body. Then model preparation techniques and invite your child to help you prepare the vegetables.</p> <p>Discuss what you find as you progress, eventually you will have a panful of veg, which will need rinsing.</p> <p>Now have a go at discussing how it can be cooked.</p> <p>Then boil all of your veg and add a stock cube . Once cooked pureed/sieved your soup ready to be served up for tea with lots of bread etc! Later - eat - yum, yum!</p>	<p><b>What you need:</b></p> <ul style="list-style-type: none"> <li>• A selection of fresh vegetables</li> <li>• 'Safe' knives</li> <li>• Very large pan</li> <li>• Water</li> <li>• Seasonings</li> <li>• Optional: Books/pictures with healthy eating info, how foods help our bodies.</li> </ul> <p>For more recipes look here: <a href="https://www.bbcgoodfood.com/recipes/collection/kids-soup">https://www.bbcgoodfood.com/recipes/collection/kids-soup</a></p>	<p>Take pictures of your child doing the activity at different stages and bring them into nursery on your return or send them to us at <a href="mailto:Info@ronaldopenshaw.newham.sch.uk">Info@ronaldopenshaw.newham.sch.uk</a> with some information about what they are doing. (Don't forget to put your child's name and class on the email heading).</p>	<p>Communication and Language, Mathematics and Understanding of the World, Expressive Arts and Design, Physical development and Personal, Social and Emotional development.</p>	<p>Get to know your friends and family better by finding out all about what it was like when they were little or what they want to be when they get bigger. Phone family and friends and ask them too!</p> <ul style="list-style-type: none"> <li>• What do most people want to be?</li> <li>• What kind of jobs do people want to do?</li> </ul>
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Extra Ideas

Growing Numbers

**What you need:** Numbered cups, a pen, stones/ Beans/ Small Lego pieces/ anything you can count with

**What to do:**

Encourage your have a go at placing te correct amount of beans in each cup. Then get your child to start from the age they are and add more and more as you go, allowing the beans to grow in each pot. Number the cups from child's age all the way up to 20 simply having fun as you go along.

For a challenge why not discuss what they would like to do at each age!

EG. Age: 3 I would like to go to pepper pig land  
Age: 4 I would like to go to America .... Etc.

<https://theimaginationtree.com/beans-flower-pots-counting-activity/>



The Very Hungry Caterpillar

**What to do:** Parents can read the story of "The Very Hungry Caterpillar book with their child. Then the parent can discuss the life cycle of the butterfly and then they can encourage the child to recall the cycle of the butterfly.

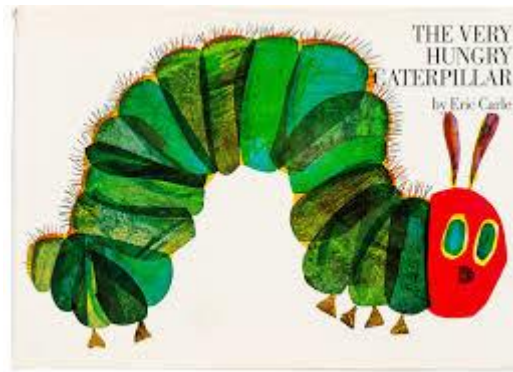
Parents can ask different questions to help develop their communication, language and understanding about growing up.

For example,

- Where did the caterpillar come from?
- What do they like to eat?
- What did the caterpillar eat in the book?
- When the caterpillar ate the food, do you think he grew?
- What did the caterpillar build around him?
- What came out of the cocoon?

Watch the story here:

<https://www.youtube.com/watch?v=75NQG-S/+m1YY>



Lots of ideas for fun, creative, reading activities at home

<http://www.lovelybooks.co.uk/>

You could try having a look at some of our core books and trying some of the activities that they suggest.

Our core books for this year are:

- Brown Bear
- Monkey and Me
- Each Peach, Pear Plumb
- Farmer Duck
- Dear Zoo
- Jaspers Beanstalk
- The Very Hungry Caterpillar

**Growing beans in a bag**

1. Place several damp, folded paper towels into a zip lock bag. Insert 5 staples about half way up the bag. This will keep the beans in the right place so that there's room to watch the roots grow.



2. Place a few beans into the bag.



3. Tape the bag onto a wall or window. Add water as needed to keep the paper towel damp.



4. Watch what happens! About three days after planting the first roots appear...



5. A few days later: the stems start to push upward.



6. After ten days the leaves begin to peek out of the seed coat.



Two weeks: the first true leaves appear while the stem continues to grow and grow!

