

## Friday

### Phonics

\*see separate phonics

### PSED

This week is Children's Mental Health Week and the theme is 'Express Yourself'. Encourage your child to express themselves in different ways. Even if they don't think of themselves as creative, it's important to create an environment that encourages your child to explore and be playful so that they can express themselves freely and without judgement. If you didn't join us for this morning's meeting please watch the video on tapestry called 'Express Yourself – EYFS video' before partaking in the activities.

1. The first way that we would like you to express yourself is for you to independently pick the clothes that you would like to wear today. Choose clothes that make you happy or that are fun, it could be a mixture of colourful clothing or maybe dress up clothing. The choice is yours!
2. Watch the youtube video:  
[https://www.youtube.com/watch?v=STdJ\\_8ORyE&feature=youtu.be](https://www.youtube.com/watch?v=STdJ_8ORyE&feature=youtu.be)  
Draw how you are feeling today.
3. Listen to your favourite song, have a dance and sing... express yourself! How do you feel now? Has it changed from how you were feeling before?  
If you want to listen to this song, have a dance and have fun. Let this be the theme tune to your day! <https://www.youtube.com/watch?v=yKpVM9QQzIs>

N/A

N/A

When your child is writing, either for phonics, English activities or for their own writing during play, please ensure that they are doing it independently. This means that the children are using the sounds they hear and write them down. For example, some children may only hear the first sound, if that is the case that is all they should write. Or a child may hear some of the sounds in the word but not all, this is perfectly acceptable and they should only write what they hear.

Please upload any learning that you'd like to share with us to Tapestry. When you upload your child's learning to Tapestry it continues their learning journey, helping us and you see the progress that your child is making. Tapestry is a positive way of teachers responding to the activities that your child is doing and provide feedback if necessary. We would really appreciate it if **all** parents/guardians uploaded **at least one piece of phonics, English and maths learning** to Tapestry a week.

Thank you for your continued to support and we look forward to seeing your Tapestry posts. Stay safe!

