

# Whinless Down Academy – Early Years Isolation Pack Term 5

<b>Maths and Understanding the World</b>	<b>Literacy, Phonics and Communication and Language</b>	<b>Expressive Art and Design and Physical Development</b>
<p>We have been looking at the composition of numbers 7 and 8. How many ways can you make up 7 and 8... can you find things around your house to support you with this. For example, 5 trains and 3 planes make a total of 8.</p>  	<p>Which story is your favourite? The Tiger who came to tea? Elmer? Supertato? The Gruffalo? Could you re-tell the story and share your favourite parts by creating a booklet to share?</p>    <p>Remember to use some simple captions to describe what you have drawn.</p>	<p>Eric Carle is our Focus Author this term and he has written lots of brilliant books like The Very Hungry Caterpillar</p>  <p>Can you use things in your home to make a caterpillar? Maybe some spare toilet rolls, or you could paint one.</p>
<p>We have also been looking at repeating patterns. As the weather is getting warmer, could you go on a pattern hunt around where you live and take pictures of the natural patterns that you can see?</p> 	<p>We've been reading lots of compound words. Can you make them out of the words attached?</p> <p>Can you read them with an adult? Remember to add sound buttons to the words to help you.</p> <p>You might want to challenge yourself and have a look through some books. Can you find any compound words?</p>	<p>Last term we were looking at healthy eating and things we could eat to keep us fit and healthy</p> <p>Could you make a smoothie? Make sure it has at least 3 fruits in to make it extra delicious.</p> <p>Some recipes are below</p>  

We have been reading the story of Goldilocks and The Three Bears. We used the porridge to explore capacity and how empty or full the bowls the bowls are...

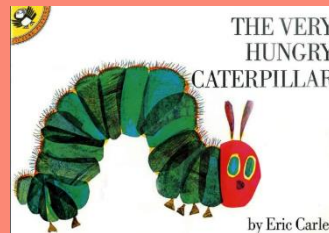
Can you find three bowls at home and talk about how full, empty, half-full, half empty the bowls are?



Sit back and relax whilst you enjoy our focus story, The Very Hungry Caterpillar by Eric Carle

Click the link here to listen to the story:

[The Very Hungry Caterpillar](#)



We have been really enjoying The Wiggle Dance song on You Tube. It gets you up and moving in lots of fun ways.

Maybe you could get all your family involved if they are at home with you.

[The Wiggle Dance](#)

Phonics words:

farm

car

top

roof

park

sun

set

lap

yard

## Four Kid Approved Smoothie Recipes

### Berry Beet Smoothie

1 cup of sliced canned beets  
 1/2 cup of whole strawberries  
 1 cup of raspberries  
 1 1/2 cup of apple juice  
 Blend all ingredients until smooth

### Carrot Mango Orange Smoothie

1 cup of mango chunks  
 1 cup of sliced carrots  
 1 1/2 cup of orange juice  
 Blend all ingredients until smooth

### Tropical Green Smoothie

1 cup of fresh spinach  
 1 cup of blueberries  
 1/2 cup of strawberries  
 1/2 cup of mango chunks  
 1 1/2 cup of orange juice  
 Blend all ingredients until smooth

### Berry Green Smoothie

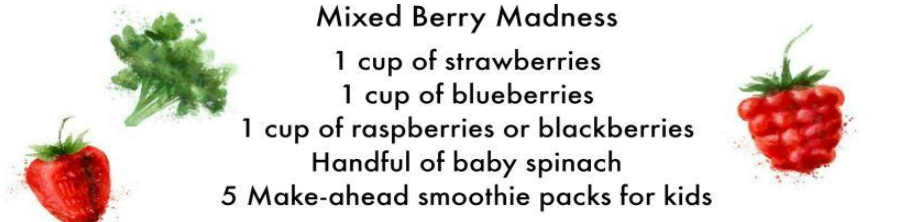
1 cup of fresh spinach  
 1 cup of blueberries  
 2 sliced bananas  
 1 1/2 cup of orange juice  
 Blend all ingredients until smooth

**mw**  
 mommy week

## 5 Make-ahead smoothie packs

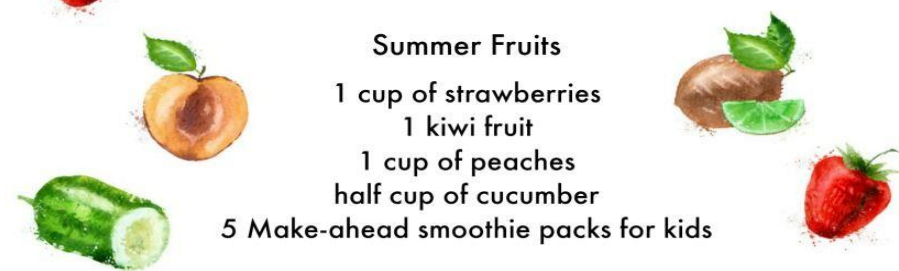
### Mixed Berry Madness

1 cup of strawberries  
 1 cup of blueberries  
 1 cup of raspberries or blackberries  
 Handful of baby spinach  
 5 Make-ahead smoothie packs for kids



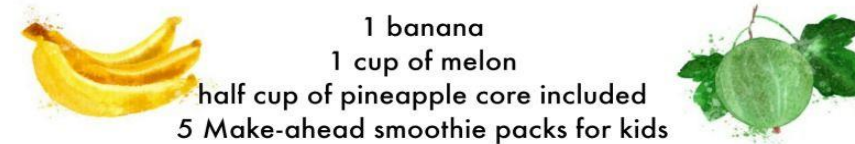
### Summer Fruits

1 cup of strawberries  
 1 kiwi fruit  
 1 cup of peaches  
 half cup of cucumber  
 5 Make-ahead smoothie packs for kids



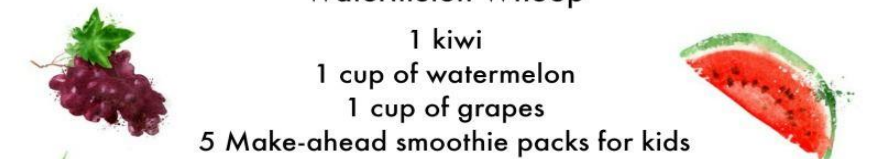
### Minion Madness

1 banana  
 1 cup of melon  
 half cup of pineapple core included  
 5 Make-ahead smoothie packs for kids



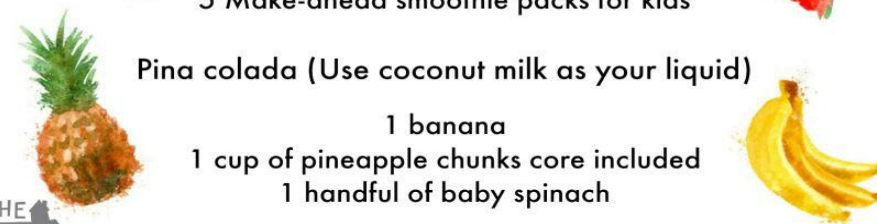
### Watermelon Whoop

1 kiwi  
 1 cup of watermelon  
 1 cup of grapes  
 5 Make-ahead smoothie packs for kids



### Pina colada (Use coconut milk as your liquid)

1 banana  
 1 cup of pineapple chunks core included  
 1 handful of baby spinach





**Some Useful Links for you:**

- Join Jamie on her cosmic yoga adventures: <https://www.youtube.com/user/CosmicKidsYoga>
- Join in with an Easter Workout [Easter workout](#)
- There are lots of games and programs to watch on the Cbeebies website. We love Numberblocks: <https://www.bbc.co.uk/cbeebies>
- We love signing Nursery rhymes at school! You can find lots of our favourites here to sing along to <https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-songs-index/zhwgdwx>
- Check out the Maths Games on ICT Games <https://www.ictgames.com/mobilePage/index.html>
- Try out some of the CBeebies Mindfulness activities: <https://www.bbc.co.uk/cbeebies/grownups/go-explore-app-your-mindful-garden>