

Growing, Eating & Exploring – Reception Activity Grid – Autumn 2

Please try and complete one activity from the grid in order to support your child's learning. We encourage our children to bring in any completed activities or photos of them on the last week of term to share with their class. Alternatively, parents have the option to share any of their child's completed activities through videos or photos via Evidence Me.

Please note: Children are still required to read for at least 10 minutes per day regardless of the reading stage they are at.

Literacy:

Tricky word cards: Make simple Phase 2 tricky word cards together (e.g. the, to, I, no, go, into, of). Place them on the floor. Shout out a tricky word and ask your child to jump onto the correct word!

When they land, read the word together and talk about which part is "tricky" (the bit that doesn't sound as it's spelled). Can they put the word into a sentence verbally?

no	I	to
the	go	into

Personal, Social and Emotional/Communication and Language:

"My Morning Helper" – Encourage your child to take part in preparing a healthy breakfast (pouring cereal, slicing banana, setting the table).

Praise effort and independence. Talk about how breakfast helps our bodies grow and gives us energy for exploring.



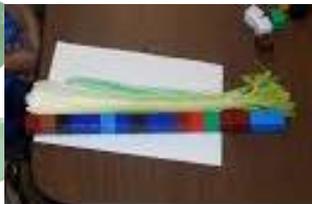
Expressive Arts and Design:

"Veggie Art" – Slice fruit or vegetables (like celery, apples, or potatoes) together and use as paint stamps. Encourage your child to create a colourful food-print picture. Encourage mixing colours and noticing shapes and patterns. Talk about how each print looks the same or different. Display artwork proudly.



Mathematics:

"Veggie Measuring" – Use non-standard units of measurement (buttons, cubes, counters) to measure how long or tall different vegetables or fruits are. E.g. This carrot is 10 buttons long; this pineapple is 15 cubes tall. Compare the measures together. The carrot is shorter, and the pineapple is longer.



Physical Development:

"Fruit Salad Chef" – Make a salad or smoothie together. Demonstrate how to chop soft fruits with a child-safe knife and encourage your child to copy.



Understanding the World:

"Grow Cress Seeds Experiment" – Plant cress seeds in soil or cotton wool together. Keep one in the dark and one in the light. See what happens and discuss!

