

Growth & Change – Reception Activity Grid – Spring 2 Term

Please try to complete at least one activity at home per half term.

Upload any pictures of any activities you do onto Evidence Me for your child's teacher to see.

Please note: Children are still advised to listen to a story with a family member at least once a day. Ask your child questions about the story and discuss the pictures in stories to promote imagination and to develop communication and language skills.

Literacy:

Tricky Word Beanstalk

Encourage your child to draw a tall beanstalk on the paper and draw leaf outlines on the beanstalk.

Ask your child to write a tricky word on each leaf.

Ask your child to read each word out loud to you. Repeat until they feel confident.

Phase 3 Tricky Words

he	she	we	me
be	you	all	are
her	was	they	my

Personal, Social and Emotional/Communication and Language:

My Feelings as I Grow

Talk about how we feel when we try something new or get bigger — excited, proud, nervous, or happy.

Ask your child to draw different faces to show these feelings.

Talk about what helps them feel brave or calm when things change.



Expressive Arts and Design:

My Growing Tree Art

Draw or paint a big tree trunk with your child. Add leaves or handprints to show how the tree grows — you could use different colours or sizes to show change over time.

Talk about how the tree changes in different seasons, or how it's like your child growing and learning new things.



Mathematics:

Ladybird Doubles

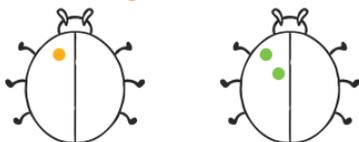
Place 1–5 counters or coins on one side of the ladybird's wing (see example below).

Explain: "Doubling means having the same amount on both sides."

Put the same number of counters on the other wing.

Write the double fact below as a number sentence (e.g., $1+1=2$, $3+3=6$).

Ladybird Doubles



Physical Development:

Leaf Rubbing Activity: Exploring Growth

1. **Gather your materials:** a few leaves, paper, and crayons.
2. **Place a leaf under the paper.** Help your child position it flat.
3. **Rub over the paper with a crayon using a tripod grip.** Encourage your child to press gently so the leaf's shape appears.
4. **Try bigger leaves next.** Repeat the rubbing with larger leaves to show how things grow and change.
5. **Talk together about growth:** "Look how this leaf is bigger than the first one. Just like plants, we grow bigger too!"



Understanding the World:

Watching Things Grow

Plant a seed together (for example, a bean, cress, or sunflower).

Talk about what it needs to grow — water, sunlight, and care.

Observe it each week and draw or take photos to show how it changes over time. Compare it to how we grow — "What helps *you* grow strong and healthy?"

