



12:15-1:00

Lunchtime

1:00-1:15

Well-being activity:

Here is a yoga session for you take part in - [Winter Yoga](#)

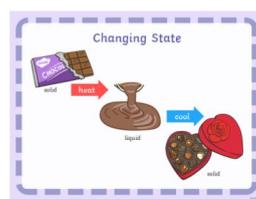
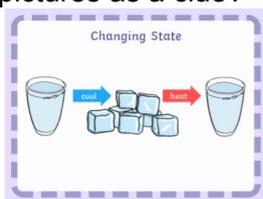
Use this time to focus on the yoga, do some deep breathing and relax before your next learning activity.

The video is on Youtube, you can follow the link here- [Pedro the Penguin | A Cosmic Kids Yoga Adventure! - Bing video](#)

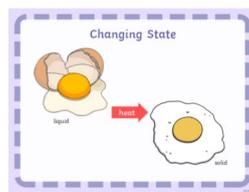
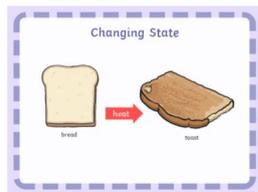
1:15-2:00

Creative Curriculum:

Today we are going to be completing an experiment, before we begin can you discuss with an adult at home; what does change of state mean? What about if I show you these pictures as a clue?



What can you see? What do you notice?



We have got 3 different experiments you could complete today to test out the change of state of different food products. You do not have to complete them all or if you have your own ideas you could do that instead.

2:00-2:45

Independent play: you could write a letter to a friend to tell them about your winter adventure you went on earlier, or you could draw a picture of your adventure.

2:45-3:00

Story time:

Read the story 'How Big Is A Million' if you have it at home. Or watch it on YouTube [How Big Is A Million? - YouTube](#)

Can you predict at the start how big a million is?

What did you like about the story? Did you have a favourite part?

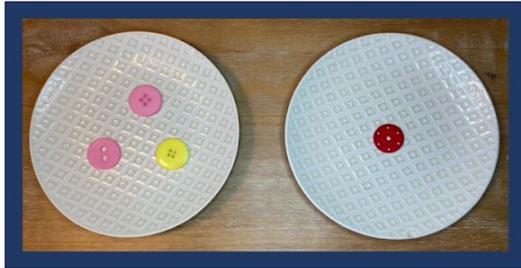
3:00-3:15

Snack and reflection time - what have you learnt today? What have you succeeded in and been proud of? What do you think you could practise more of tomorrow? What else would you like to learn about?

Maths activity:



Use 2 plates to explore the composition of numbers to 5
Place some of your buttons on one plate and the rest on another plate.



How many buttons are on each plate?
How many buttons do you have altogether?
What if you used 3 plates?

White
Rose
Maths

Creative curriculum experiments:

Practice

Number 1 change of state experiment

You will need:
bread
toaster



First the children are to have a piece of bread.
What does it feel like? What does it smell like? (They are to draw each what each step looks like on their sheet. This will need to be modelled to them as you go along).

Next, put the bread in the toaster.
What do they think might happen to the bread? What happened when you put the bread in the toaster? Does it feel/taste the same as it did before?
If they have butter on their toast, what has happened to the butter when you put it on the toast?

Finally, do you think it has changed its state? How? Can you turn the toast back to bread?

Practice

Number 2 change of state experiment

You will need:
chocolate



First the children are to have a piece of chocolate.
What does it feel like?

Next, hold the chocolate tight in your hand and you are all going to sing the alphabet 3 times. Once you have finished open up your hand.
What do they think might happen to the chocolate? What has happened to the chocolate? Does it feel/taste the same as it did before? Why do you think it has done this?

Finally, do you think it has changed its state? How? Can the chocolate turn back to a bar of chocolate?

Practice

Number 3 change of state experiment

You will need:

jelly

hot water (Why is it important that the adult does this part of the experiment?)



First the children are to have a look at the jelly.

What does it feel like? What does it look like?

Next, put the jelly in the bowl and adult to add the hot water.

What has happened to the jelly now? Why has this happened? What do you normally do with the jelly now?

Finally, put the jelly in the fridge.

What do you think will happen to jelly in the fridge?

Finally, do you think it has changed its state? How?

Explain, that they can have the jelly as a snack tomorrow.

Website links:

Phonics Loom: <https://www.loom.com/share/ce35eefd1e6b481cb6b99bc17ced70f2>

Maths: <https://whiterosemaths.com/homelearning/early-years/alive-in-5-week-2/>

Well-being: <https://youtu.be/jSZvMHIw9vs>

Storytime: <https://www.youtube.com/watch?v=uIQXLKyfYwY>