

Six-Week Learning Pack

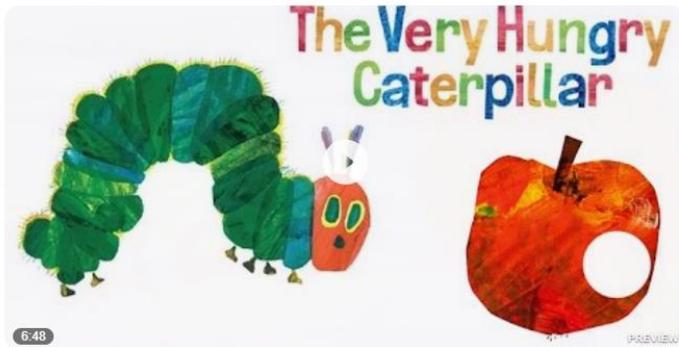
Autumn 2021 EYFS Pathway

Week One:

Theme: The Hungry caterpillar

Reading: 'The hungry caterpillar by Eric Carle

- <https://www.youtube.com/watch?v=75NQK-Sm1YY>



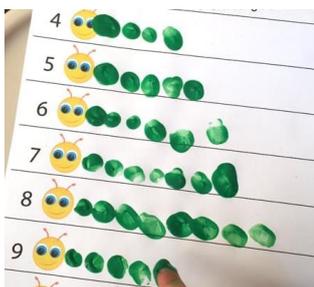
Maths:

Read the book and count the fruit with your child – reciting the numbers and pointing to each picture as you do.

Cut out circles and make a caterpillar



Use finger prints to paint a caterpillar.



Art

Use different things to print a caterpillar

Toilet or kitchen rolls

Sponges

Fingers

Potatoes



Understanding the world

Floating and sinking

Explore floating and sinking using different fruit.

Guess which will float before you try-were you right?



P.E.:

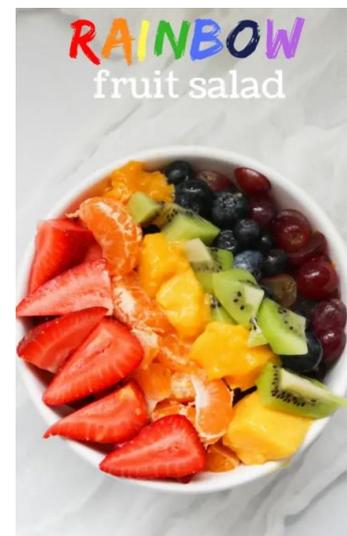
Moving like a caterpillar/ butterfly – encourage your child to move in different ways – crawling, wiggling on tummy, running and chasing.

Weekly recipe: Fruit salad

Help your child make a fruit salad. Explore each fruit, name the colour, smell, taste, touch each fruit.

Support your child to peel and cut the fruit themselves.

If you use grapes remember to cut them along the longest part.



Week Two:

Theme: Favourite things

Reading: Peppa's favourite things by English lessons online.

<https://www.youtube.com/watch?v=-hdm7kKXKRY>



Maths:

Number rhymes:

Watch number rhymes on

<https://www.youtube.com/watch?v=TwtGU8mXhdo> – 1,2,3,4,5 once I caught a fish alive.

<https://www.youtube.com/watch?v=T0ooQv7oHvw> – five green bottles

<https://www.youtube.com/watch?v=dB6ec9cYusc> – five little ducks

https://www.youtube.com/watch?v=WSC-gHBU_d0 – five speckled frogs.

What the different number rhymes, sign the numbers with your fingers. Ask which one was their favourite and play it again.

Understanding the world:

Playdough

Make playdough with your child.

Ingredients:

- 1-cup flour
- ¼-cup salt
- ½-cup warm water
- 3-5 drops of natural food colouring

Instructions:

1. Mix together the flour and the salt.
2. In a separate container, mix water and food colouring.
3. Combine ingredients by pouring the water mixture onto the flour mixture.
4. Knead together until smooth.

If the dough seems too sticky, add more flour until the stickiness is gone.

<https://www.youtube.com/watch?v=oAIAm6BF0fs>

Ask them which colour they would like the playdough to be. Watch as the ingredients change from dry, wet to dough from.

Art:

Painting flowers

Cut up an old egg box and paint flowers using your child's favourite colour. Stick a straw on the back and stick it in some mud or in a flower pot.



Weekly recipe:

Granola Bars

Ingredients

- 1 $\frac{3}{4}$ cups old-fashioned oats or quick-cooking oats
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon fine sea salt (if using regular table salt, scale back a bit)
- 2 cups mix-ins* (nuts, seeds, chocolate, shredded coconut or dried fruit)
- 1 cup creamy peanut butter or almond butter
- $\frac{1}{2}$ cup honey or maple syrup
- 1 teaspoon vanilla extract



Method

1. Line a 9-inch square baker with two strips of criss-crossed parchment paper, cut to fit neatly against the base and up the sides. The parchment paper will make it easy for you to slice the bars later.
2. Place the oats in a large mixing bowl**. Add the cinnamon and salt, and stir to combine. Set aside.
3. Now we'll blitz the mix-ins briefly in the food processor or blender (or, you can chop them by hand). Add any large nuts (like almonds or pecans) first and blitz for a few seconds. Then add the rest and run the machine for a few more seconds, until the ingredients are all broken up into pieces smaller than your pinky nail. Pour the mix-ins into the bowl of oats.
4. In a 2-cup liquid measuring cup, measure out the nut butter. Top with $\frac{1}{2}$ cup honey and the vanilla extract. Stir until well blended. If you must, you can gently warm the liquid mixture on the stovetop or in the microwave, but make sure it's close to room temperature before you pour it into the dry mixture (this is especially important if using chocolate, since it will melt).
5. Pour the liquid ingredients into the dry ingredients. Use a big spoon to mix them together until the two are evenly combined and no dry oats remain. This takes some arm muscles, but you can do it! If the mixture was easy to mix together, that's a sign that you need to add some more oats—sprinkle in more oats until you can't incorporate any more.
6. Transfer the mixture to the prepared square baker. Use your spoon to arrange the mixture fairly evenly in the baker, then use the bottom of a flat, round surface (like a short, sturdy drinking glass) to pack the mixture down *as firmly and evenly* as possible.
7. Cover the baker and refrigerate for at least one hour, or preferably overnight. (The oats need time to soak up some of the moisture so they aren't sticky.) When you're ready to slice, lift the bars out of the baker by grabbing both pieces of parchment paper on opposite corners. Use a sharp knife to slice the bars into 4 even columns and 4 even rows.

8. Wrap individual bars in plastic wrap or parchment paper (if you store them all together, they will stick to one another). Bars keep well for several days at room temperature, a couple of weeks in the fridge, or several months in a freezer-safe bag in the freezer for best flavour.

If there are allergies then all nuts etc can be left out or you can add different things you know the family enjoys.

Week Three:

Theme: favourites

Reading:

[Love Is My Favorite Thing | Read Aloud Flip-Along Book - YouTube](#)

Can you watch the story with your child and look at animals in the story. Can you make the animal noises with your child?

Maths:

Colour hunt

Listen to the colour song: <https://www.youtube.com/watch?v=SLZcWGQQsmg>

What colours can you see around you? Go on a colour hunt, how many colours can you see? Point out the colours and practice the signs together.

Send your child to find different coloured items e.g. 1 red scarf, 2 green socks

Cooking:

Hot chocolate

Ingredients

Hot chocolate powder [add according to instructions]

Milk [cows or dairy free]

Sugar if required

Whipped cream and mini marshmallows to add to make it super yummy!

Can you mix together drinking chocolate and warm milk and watch the chocolate powder become liquid? Taste it! Does the hot chocolate taste yummy?



Art:

Edible Paint

Ingredients

Greek yoghurt

Food colouring

Method

- Spoon yoghurt into a bowl
- Add a couple of drops of the colour you want
- Mix together until all the colour is mixed in.
- Repeat with different colours
- Use a paint brush or fingers to create a picture
- Edible so safe if brushes or fingers are put into mouths!



P.E.:

Can you go to the park and have a running race?

Use a clock to time how fast you can be!

Race against other members of your family-who is fastest?



Week Four:

Theme: Winter

Reading:

- [Makaton Signed Story: Mr Gumpy's Outing by Singing Hands - YouTube](#)
- Listen to the story with your child

Name and sign the different animals you see in the story

Art:

Music shaker

Can you find an empty bottle and some rice or pasta? Fill up the bottle to make a shaker and use paint or pens to decorate the bottle to make your shaker!

Listen to your favourite nursery rhymes and use your shaker to sing along

Maths:

Counting

Using an empty tissue box paint to make The Hungry Caterpillar and cut out 4 holes, . Using pompoms or scrunched up paper how many can you fit in the box? Count each pompom or paper ball!



Understanding The World

Instant snow!

What You Need to Make 2 Ingredient Fake Snow

- Baking Soda
- White Hair Conditioner
- Bowl or Bin

Mix 3 cups baking soda with 1/2 cup of white hair conditioner until firm. You'll know it's ready when you can pick it und form snow balls. It will be cool to the touch just like real snow! All ingredients can be easily found at supermarket if you don't already these have at home. To keep the fake snow fresh and make it last longer, place in a sealed bin or bag.

Be aware, this is going to be messy! But it's so much fun and kids love to play with fake snow.

Art:

Snowman pictures

Using cotton wool can you make a snowman? Using glue stick the cotton wool on the paper. Draw a hat and collect sticks from outside to make the snowman's arms.



P.E.:

- [I'm A Little Snowman | Super Simple Songs - YouTube](#)
- Listen and watch the snowman song, can you dance like a snow man?

Weekly recipe:

Mince pies

INGREDIENTS

375g (3 cups) plain flour
260g (1 1/6 cups) unsalted butter, softened
125g (1 cup + 2 tbsp) caster sugar, plus extra for sprinkling
1 large egg, plus 1 beaten egg for glazing
800g jar mincemeat

Vegan pastry

- 150g/5½oz [plain flour](#), plus extra for rolling
- ½ tsp fine [sea salt](#)
- 50ml/2fl oz [sunflower oil](#)

You can use ready rolled shortcrust pastry and there are also vegan versions of the ready made.

Method

- Weigh the flour (375g) out and put it in a large mixing bowl. Measure the butter (260g) and cut into small pieces before adding to your bowl.
- Rub together until it looks like breadcrumbs.
- Measure the sugar (125g) and add to the bowl. Crack the egg into the bowl.
- Mix everything until it's coming together then tip out onto a lightly floured surface. Fold until the pastry comes together – try not to over mix, as soon as it happily forms a ball you're done. Wrap the pastry up in cling film and pop it in the fridge for 15+ minutes or so.
- **Pre-heat your oven to 220C / 200C fan / 425F and grease a muffin tray (we just a spray of oil).**
- Lightly flour your work surface then roll the pastry out to 3mm thick.
- When you're rolling it out, be sure to turn it 90 degrees between turns – it helps to stop it sticking to your work surface, and also ensures you get an even thickness. If you need to add a little extra flour underneath when you turn it. When it gets a bit bigger, roll it round your rolling pin before rotating it to stop it tearing.
- Use a round cutter (about 10cm) or a glass to cut out 24 bases and place them gently into muffin trays. To get the pastry right down into the base of each tin hole, use a little bit of rolled up pastry. This will push it down, without poking a hole in it.
- Put a tbsp or so of mincemeat into each base.
- Re-roll the pastry and either use another round cutter to cut some lids (7cm) or if you have stars like we do use them.

- Crack an egg into a small dish. If you are using a full lid brush the edges of your mince pies with a little egg before placing the lids on and pressing them down to seal. You don't need to worry about the egg at this point if you are using stars
- Use the egg to glaze the tops of the mince pies. If you are using a full lid, cut little slits in the middle.
- Bake your mince pies for 15-20 minutes until they are brown and the mincemeat is bubbling.
- Remove your tray from the oven. Cool the mince pies on a wire rack for a minute or two before removing them from the tray and putting them on a wire rack to cool completely. I find it easier to remove the mince pies from the muffin tray before while they're still a little bit hot.

Week Five:

Theme: Christmas

Reading:

[Dear Santa signed Makaton Story - YouTube](#)

- Watch the story with your child.
- Using paper can you wrap a box to make it look like a present.



Maths

Making Snowflakes

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

This video shows you how to make an easy snowflake. As scissors are involved an adult will need to help!

PE: listening walk

- Go on a walk outside with your child
- What sounds can they hear, can they hear birds?
- What can they see, can they see ice on car windows?

Art: Winter trees

- Using brown paint, paint your hands to create a hand print tree.
- Use white paint, paint your fingers to make snow.



P.E.: snowflake hunt

- Using the snowflakes you made earlier!
- Hide these around your house and help your child find as many snowflakes as they can.

- Can they crawl under, over and behind objects looking for the snowflakes.

Cooking: Snow biscuits

Using rich tea biscuits or biscuits of your choice, mix icing sugar and water to make 'snow' biscuits! You could also add sprinkles!



Week Six:

Theme: Traditional Tales

Reading: The Three Little Pigs

- [The Three Little Pigs - Animated Fairy Tales for Children - YouTube](#)
- Watch the video with your child
- Can you and your child use blocks to build a house and try to blow it down?

Maths:

- Using a paper plate, and different shapes can you make a pig with your child?
- Using paper and scissors cut out different 2D shapes (rectangle, circle, triangle).
- Using glue put this together to make a pig.



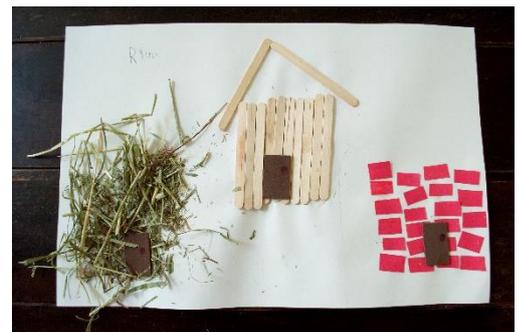
Understanding the World:

Building houses

Can you try making a house for the pigs?

You could use:

- paper or card.
- Lolly sticks
- Boxes
- Drinking straws



- Sticks from the garden or park
- Duplo or lego blocks

Then see if will stand up if you blow on it like the wolf! You can also stick them down to make a picture for the pigs.

Art: Painting flowers

- Using paint and forks paint flowers using different colours



P.E.: Dancing animals

- ["If Animals Danced" - Dance Song for Kids with actions! - YouTube](#)
- Watch and listen to the song, can you and your child dance along like different animals?

Weekly recipe: Shortbread biscuits



Ingredients

- 150g plain flour, plus extra for dusting
- 100g butter, chilled and cubed
- 50g caster sugar, plus 1 table spoon for sprinkling

Method

- **Step 1:** Heat the oven 170C/150C fan/gas 3. Put the flour, butter and sugar into a mixing bowl. Use your hands to combine the ingredients until the mixture looks like breadcrumbs, then squeeze until it comes together as a dough.

- **Step 2:** On a lightly floured surface, use a rolling pin to roll out the dough to ½ cm thick. Cut the dough into fingers and place on a lined baking tray. Use a fork to create imprints, then sprinkle with the remaining caster sugar.
- **Step 3:** Chill the dough in the fridge for 20 minutes, then bake for 15-20 minutes until golden brown. Remove the shortbread fingers from the oven and leave to cool on the tray for 10 minutes.