

Exercise:

- Daily exercise sessions.
- Practise balancing.
- Music & movement.
- Write dance and action songs.
- Motor breaks and

Easter:

- The Christian meaning of Easter - The Easter Story about Jesus.
- The Pre-Christian meaning of Easter - the symbolism of eggs, lambs, chicks and spring.
- Easter arts and crafts and egg hunts!



EYFS

Through all these activities we will be delivering all the aspects of the Early Years Curriculum: from communication skills, phonics, motor skills and independence to counting, reading, listening and writing.

This term's topic stories are:

- The Very Hungry Caterpillar
- Oliver's Milkshake
- Alan's Teeth
- The Easter Story.

Term 4 Healthy Living and Easter

Our Teeth:

What are they for?

How do we damage them?

How do we look after them?



- Healthy eating plate and balanced diet.
- Do you eat a rainbow?
- Tasting and healthy recipes.
- Foodie arts and crafts.
- Keeping hydrated - drinking lots of water.
- Tasting different fresh juices and milkshakes.
- Table manners and managing at the table.

Wellbeing:

- Relaxation activities - doodling, colouring, scribbling, painting.
- Just talking & sharing our worries.
- Being listened to.
- Kindness and social stories.
- Story times.
- Indoor and outdoor yoga.

