



Year R optional holiday pack



We have put together an optional home learning pack for you.

There are some extra activities, which you may like to do during the summer holidays.

We have included in the pack some extra Maths and Writing work and topic challenges and a reminder of reading activities from Oxford Owls.



There are also some ideas for some PSHE activities you could do with your little one to help discuss changes and how to deal with different feelings.

Calm down activities and techniques for children:

<https://gozen.com>



<https://gozen.com/50-calm-down-ideas-to-try-with-kids-of-all-ages/>

<https://gozen.com/8-yoga-poses-for-stress-relief-for-kids/>

<https://www.bbc.co.uk/cbeebies>

<https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>

The DFE launched this passport last year and we thought it was so lovely we wish to promote the activity passport that you can do with your little ones again. Please follow this link:

<https://www.gov.uk/government/publications/my-activity-passport>

