



## Activities at Home

### Project: 'Marvellous Me'

Dear Parents,

The activity for week: 2 beginning: 18<sup>th</sup> September 2023

Is: 'All about my marvellous body'

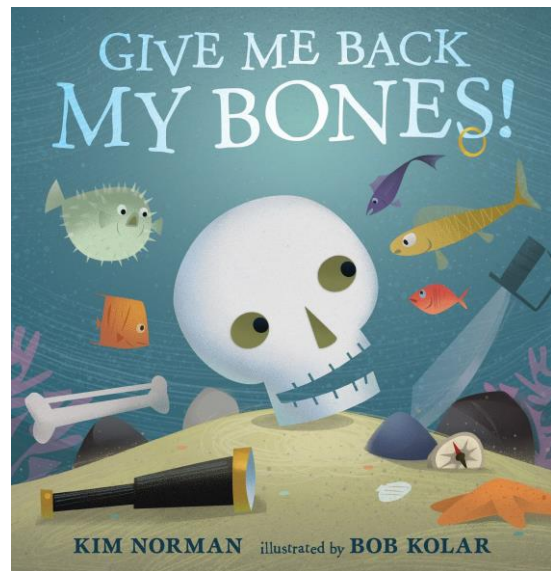
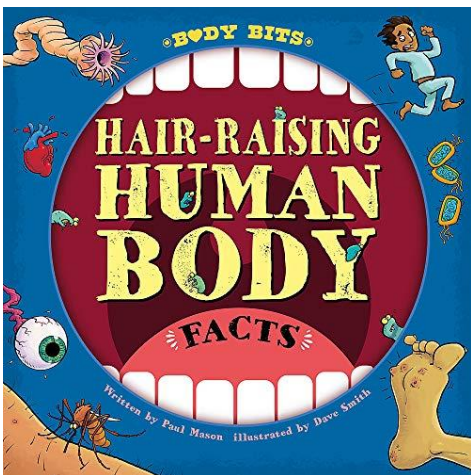
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The activity we will be covering involves:

- Learning about our bodies and naming and identifying them
- Talking about about how different parts of the body work and what they do
- Reading the story 'Hair Raising Human Body' and 'Give me Back My Bones'
- Exploring our bodies using construction resources
- Using different parts of our body to print
- Learning new vocabulary
- Taking turns and sharing
- Developing physical skills and coordination

Our activity includes:

- We will begin by looking at a pop-up book all about the human body. The children will have the opportunity to make observations and ask questions.
- I will then read the following books: 'Hair Raising Human Body' and 'Give Me Back My Bones.'
- The next two activities will enable the children to explore and use different parts of their body to print with paint and using construction blocks arranged around their bodies. The children will have the opportunity to use their coordination, imagination and physical skills to take part in these activities.



**Continuous provision/extension activities:**

- **Making playdough bodies**
- **Action songs/rhymes about the body**
- **Hopefully a visit from a Doctor or Nurse? (please let us know if you can help)**
- **Exercises based on developing physical skills, both gross and fine motor.**

- **Drawing around our bodies outside using chalk.**

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**You might wish to help your child to explore this topic at home or when you are out and about. Please feel free to approach the teachers for further explanations.**

**Our suggested activities are:**

- **Make gingerbread skeleton biscuits (use white icing to decorate with bones).**
- **Fiction/non fiction books related to the topic.**
- **Talking together about our bodies and how to look after them with healthy eating and exercise. Ask your child what they think is good for them and why.**
- **Visit The Science Museum.**

**The Big Question: Ask your child.....**

**Why is it important to look after our bodies?**