

Capacity - explore capacity using a variety of containers. Can you identify containers that are **empty, full, half full, nearly full, nearly empty, a quarter full**? Use the above mathematical language to describe the containers. Can you order a set of containers from empty to full?



ICT - Ask an adult to help you to use a camera to take photographs or draw pictures of a range of technology in your house such as a **washing machine, toaster, hairdryer etc.** Why do we use this technology in our homes? Why do we use a hairdryer/washing machine? What powers the technology in our homes? <https://www.twinkl.co.uk/resource/t-i-022-technology-uses-activity-sheet>



Maths - Order a set of numbers 0 - 10 or 0 - 20 (an adult can write numbers 0 - 20 on pieces of paper or card).

Use a packet of sweets/objects (up to 20 sweets/objects) Can you estimate a number of objects up to 20? (or 10 if you find this easier)

Ask an adult to place a number of objects on the table and estimate (guess) the number of objects you can see. Find the number of your estimate.

Now touching each object count and find the total. Was your estimate correct?



Health and self-care - Make healthy choices in relation to food and exercise.

Draw a picture of a meal that you think is healthy. Do you make healthy choices?

What is your favourite exercise/sport? Why is exercise good for your body?

Find your heartbeat. Now, run or jump on the spot for 30 seconds, feel your heart in your chest. Can you describe to an adult what has happened to your heart? Why does this happen?



Exploring Media and Materials and Understanding the World - Can you design a boat that will float on water? What does the word **float** mean? What does the word **sink** mean? Use junk items from around the house to build your boat. What did you use to join or fasten your materials? Which materials float? With an adult find some objects in your house, test them in water. Do they float or sink? Was the water **shallow** or **deep**?



Exploring Media and Materials - Have a look at Van Gogh's painting 'A Starry Night'. Painting on tin foil using cotton buds is an easy process art idea for kids. This activity is great for working on fine motor skills as well as colour mixing. This art technique was inspired by Van Gogh's painting the starry night. Use the dull side of tin foil and mix your paints to paint your sky. You can use this technique to mix a variety of colours and explore darker and lighter.



Understanding the World - Do you know the difference between **past** and **present**?

Can you think of something that has happened in your past? Maybe something you have celebrated such as a birthday last year. This has happened in the past. The present is now.

Do you have a relative or friend you could ask about their past? What was different about being a child then and now when you are a child?



Understanding the World - This June, join thousands of people taking part in our annual nature challenge, 30 Days Wild! We want you to do one wild thing a day throughout the whole month: for your health, wellbeing and for the planet. That's 30 simple, fun and exciting Random Acts of Wildness. Follow the link below.





Sign up for 30 Days Wild!

<https://action.wildlifetrusts.org/page/57739/petition/1>

"In the current nature and climate emergency, we're seeing more people affected by eco-anxiety – feeling overwhelmed by the damage to our environment and not knowing what to do to help. This, along with other stresses, aren't good for us. But with 30 Days Wild from the Wildlife Trusts you can incorporate some simple nature-based activities into your daily life and feel the benefit. These activities can lower blood pressure, take our minds away from our day-to-day concerns and help us relax, as well as providing simple ways to help wildlife."

- Dr Amir Khan, GP and Ambassador for The Wildlife Trusts

Take part!



What's inside your pack?