



Woodham Mortimer Pre-School

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Activities at home

Dear Parents/Carers,

Below is our focus for the week beginning; 1st July 2013

All about Me

The areas that will be covered are;

Self Portraits

Looking at our bodies and how it works

Hand and foot painting, measuring feet and categorising by length

Feeling our heart beat before and after exercising

Looking at the differences and similarities of our bodies, making a tally chart of how many children with blue eyes, brown eyes etc

If you would like to follow this up at home, here are a few ideas you might like to try; Talk about the differences of hair, eye colour in your family, make a chart and bring it into pre-school to show us. Try out different exercises and see what makes you heart beat faster. Compare hands/feet sizes at home and see who has the biggest and smallest hands/feet. Extend by talking about eating healthy helps you grow.