

## EYFS Summer 2-Healthy Minds

This half term children will be following on from their learning about what they need to keep their bodies healthy and learning about what they need to do to maintain a healthy mind and sense of well-being. To be able to do this we will be looking at how to practise mindfulness, how to calm ourselves and relax when we are feeling tense or worried. We will say a positive affirmations and have a go at yoga.

### Literacy

#### Reading/Phonics

Children will continue to read books matched to their phonics knowledge in small groups three times a week, as well as developing their reading for pleasure both at school and at home. In phonics children will continue to consolidate the GPC's they have learnt previously and continue on phase 4 of the Little Wandle programme. Children will also learn to read words with root words ending in -er, -ed, -es, -ing. We will explore the book Peace At Last and The Worrysaurus.

#### Talk for Writing

This half term our talk for writing books are Pip and the Bundle of Buddies

#### Writing in Provision

Children will be encouraged to write independently in provision, following their own individual lines of interest.

### Key Questions

- Why is it so important to take care of our mental health?
- What can I do to make myself feel calm and less worried?
- What feelings do you feel?

### Communication and Language

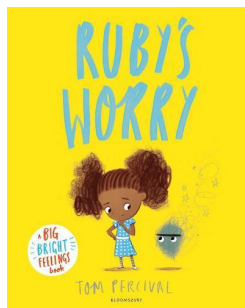
Children will be developing their vocabulary related to well-being and mental health. Children will be encouraged to use this vocabulary in the context of their independent learning. We will be reading a mixture of non-fiction, fiction, poems and rhymes linked to our topic. We will also be exploring story massage.

### Maths

In maths children will now be able to explore different compositions of the numbers to 5 and then 10. They will be given opportunities to practise their subitising skills and know by heart doubles facts to 10. Children will also become confident in saying whether a number is odd or even saying how they know this and whether it can be shared equally or not. In provision children will also become confident comparing quantities using the mathematical vocabulary, more than, fewer than and equal to.

### Personal, Social and Emotional Development

Our PSED learning this half term will be linked to our theme and we will be exploring a range of emotions and how to talk about them. We will be exploring how we can independently get along with others and learning some strategies of how to make ourselves calm and re-centred. We will do this through class discussions, in provision and through various texts. We will also learn how and why it is important to take care of ourselves in the sun.



## Understanding of the World

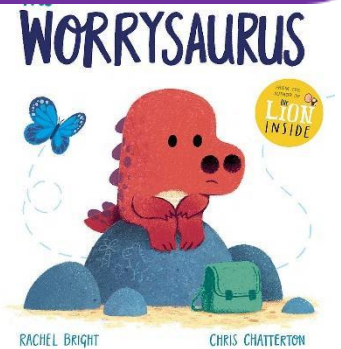
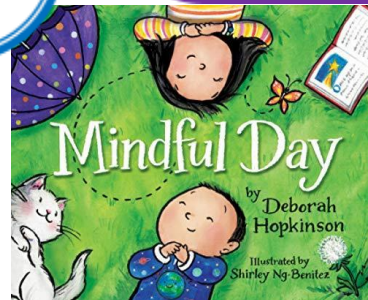
Children will learn about:

- What people in different parts of the world do to maintain their well-being and mental- health.
- Describe the outside world, looking at clouds and listening to sounds.
- Listen to Jonah and the Whale and reflect on the story.
- Observe the seasonal changes.
- Why we must look after our own environments
- How fruits, vegetables and herbs they have grown in the outdoor area can be used to make simple food dishes.

## Physical Development

This half term children will continue to improve their fine motor skills through daily handwriting sessions and funky fingers, as well as in all areas of provision.

Friday will continue to be our taught P.E. lesson and this half term children will be learning athletic skills. These skills will be put into practice during our annual sports day in which children will work in their house teams to earn points.  
Forest School will be on a Thursday.



## Expressive Arts and Design

Children will:

- Continue to explore with a wide range of media and materials.
- Use collage to make representations of landscapes.
- Use tone and colours to express mood and emotions.
- Explore emotions through role play and story-telling.
- Explore how music can uplift mental health and well-being.