



# Healthy inside and out

## How can we look after ourselves?



Your optional homework tasks this half term all link to our current topic. You will need to think about what you learn in school to help you with each task.

We can't wait to see any of the work you complete, please bring it in to your class teacher or upload a picture to tapestry to let your teacher see.

### Task 1: Dancing bones

Listen to the song '**The Skeleton dance**'. Can you make up your own dance moves?



♪ Them bones them bones them dancing bones. Them bones them bones them clapping bones. Them bones them bones them stretching bones. Doing the skeleton dance. ♪

### Task 3: Recipe time!

Our second book of the week is 'Oliver's Milkshake'. Throughout this week we will make and taste a range of different milkshakes to find out the combination we like best.

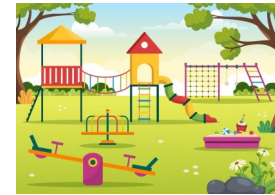
With a grown up at home can you come up with your own healthy milkshake recipe and test it out! We can not wait to hear about your creations and what they tasted like!



### Task 4: Get outside!

Throughout this term we learn the importance of exploring the outdoors. From playing team games to just enjoying the sunshine and listen to nature.

For this activity we would love you to explore your local area. Do you have a local park where you can run around and explore the equipment, or do you have a local field where you can lie down and enjoy the sounds and sight of your local wildlife.



### Task 5: Reflection about Reception!

This is our last half term together before you all move to Year 1!

This can feel a little daunting and overwhelming, but we know you are all ready for the next chapter. We have had so many wonderful times together in Reception. For this task we would like you to write a letter to the new children joining Reception in September!

What has been your favourite memory?

What has been your favourite topic?

Which trip have you enjoyed the most?

