**Reception summer learning week 6**

**Back to school**

Some children find eating school dinners a bit tricky especially as it can mean trying new foods. Watch the story *Tiana Eat Up* and try making our recipe ‘Super Snail Family’ together – it’s a great way to encourage children to eat a healthy range of fruit and vegetables. Find it on our home learning page.

Build a **tree of thanks** for all the things they have done and learnt over lockdown and the summer holidays. Choose one or two of their best memories and write a letter or postcard to give to their teacher to tell them about themselves and what they have been up to.

Playing board games together is a good way to practice maths skills. You can do some maths games online together too, try this one from Nrich or Bud’s Garden from Bitesize.

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If your child is feeling a bit worried or anxious about going back to school or about events that have happened this year, these **Stress Buster** activities from Save the Children are a great way to support them to manage their feelings. The National Literacy Trust have put together a **wellbeing booklist** for books that can help you to talk about worries together.

Getting back into a routine for school will help your child to settle back in quickly. Why not use the last week of the summer holidays to re-establish routines such as bedtime, watch this clip for some **top tips**. Your school may well have sent a photo book or video of the new classroom. Take time to share this with your child to help them to prepare for their first day back.

Watching **When I grow up** together with your child and talk about what are they looking forward to about going back to school? What do they want to learn to do? What do they want to be able to do when they grow up?

Reading well known books together will help your child to continue to develop their reading skills. Some of our favourites for practicing reading are: **Dear Zoo**, **Each Peach, Pear, Plum** and **Mr. Magnolia**. Click here for some **top tips** for supporting your child’s reading. Don’t forget to complete the **Summer Reading Challenge**.

Your child is still learning to be independent and to take care of themselves. They may have forgotten some of these skills over the summer holiday so take time now to practise and make it fun; how quickly can they change into their PE kit, can they help around the house with putting things back where they belong? How about tying laces or a tie? You could even practise your walk to school, time to see how long it takes and ask your child to help you work out what time you need to leave home in the mornings.