Special Day of Learning Instructions - Mai Class

Tuesday 19th May 2020

Good morning everyone

We hope you will enjoy today’s learning. It is all about what it means to eat healthily. Tomorrow is going to be a very warm day so we thought it would be nice for you to plan a healthy lunch that you could make and take out with you on a picnic tomorrow.

This afternoon’s activity is going to be about painting stones. You may have seen or heard about people who decorate stones and then leave them when they are out walking for others to find. Sometimes the finder will post a picture of the stone on Facebook or Twitter. You may see each other’s stones and you could take a photo and send them in to school. They are just a bit of fun and colour to brighten up people’s days.

Let’s get on with our learning.

***Instructions for Mums and Dads***

**Activity 1**

You will need PowerPoint 1 and Resource 1 for this activity.

The PowerPoint is a sorting activity where you can sort foods into two groups . . . healthy and unhealthy foods. The list on the PowerPoint can be added to with the items of food that you may already have in your head for the picnic tomorrow. Decide which group some of those foods may fall into. The key message is that we need to eat as many healthy foods as we can most of the time but we can have the occasional unhealthy food.

When you have watched the PowerPoint then use Resource 1 to sort the healthy food items to put in your lunchbox. Cut the images and stick them on the lunchbox template. You may want to allow one or two unhealthy items too!

**Activity 2**

You will need PowerPoint 2 and Resources 2 and 3 for this activity.

Work through the PowerPoint discussing how you make a sandwich as you go. You could also begin to think of different bread and filling alternatives if you were making your own sandwich.

Use Resource 2 to help your child remember the sequence of making a sandwich so that hopefully tomorrow they can do it by themselves. They should cut the pictures out and order them in the correct sequence to make a ham sandwich.

Finally, use Resource 3 to help you design the sandwich that you are going to make tomorrow. I am only expecting this to be completed by drawing pictures, however an extension for some children might be to write the words of a couple of the ingredients that you are going to use.

**Activity 3**

You will need to find some large stones in your garden or nearby your house. You will also need your paints and Resource 4. Use one of the designs on Resource 4 or think of your own to decorate your stone. Remember to write a message on the back for people to read when you leave your stone.

The link below should take you to a news report about people in Devon who have been decorating stones and leaving them for people to find.

<https://www.plymouthherald.co.uk/news/local-news/people-painting-stones-leaving-over-550851>

I hope you have a good day!

Mrs Butcher