Draw a picture that shows all of the people who are special to you.



How many different emotions and feelings can you think of?

Can you think of a time you have felt these emotions?

It's ok to have all these different feelings. It's also good to talk about them and recognise how we are feeling!



Use some paint to make handprints of everyone's hands in your family and then cut out the handprints.

Can you put them in order of size from the smallest handprint to the largest handprint?

If you haven't got any paint, you could draw around hands instead!



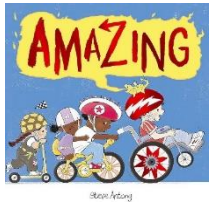
Use one hand to feel the bones in your other hand's fingers. Can you feel them?

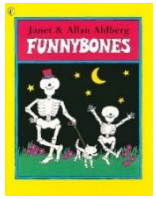


Where else can you feel bones?

Cook Class Family Learning Ideas Autumn 2

'All About Me, Inside and Out'





Use a large piece of paper or chalk on the pavement, and ask someone to draw around you.

Think and talk about the different body parts and bones that make up your body.

You could have a go at writing initial sounds to label your body parts.



Talk to someone at home about what you would like to do when you grow up.

Try and find out a little bit more about it by talking to people who know about that role or looking in a book or on the Internet.

Then, you can share what you have found out with the class.



In the Funnybones story, the skeletons are trying to find something to frighten.

Can you think of something kind they could do instead?

If they come out to play at night-time, they could do something kind for everyone to wake up to in the morning.

What could they do? Draw a picture to show.

Make an obstacle course in the garden, for you and your family to enjoy.





Exercise is an important part of keeping healthy!