

## P2 Home Learning Grid - Autumn Term (until October)

**Social Studies:** We will be finding out about food that is made in Scotland. Have a look at the labels on your food. Does any of it come from Scotland? Draw a picture of the food and write down where it comes from.

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**Literacy:** We are revising Block 1 and 2 tricky words. Take time to practice saying and writing these words. These are on your Learning Journal but if you would like paper copy, please ask 😊

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### Health and Wellbeing:

Try out some yoga! Ask someone at home to join in.

<https://www.youtube.com/watch?v=KAT5NiWHFIU>

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### Literacy- Tools for Writing:

We are beginning to look at **capital letters, finger spaces and full stops**. Can you write a sentence about your favourite toy, using a capital letter, finger spaces and a full stop?

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**Health and Wellbeing:** When you read a story or watch a programme, think about how the character is feeling. What zone are they in? Why do they feel like that?

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**Reading:** Read for fun for a short while every day. Please encourage your child to read their school reading book. You can also read comics, picture books, information books or magazines.

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### Numeracy:

Please look at your SEAL Numeracy Home Learning Wall and choose some activities to do at home.

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**Art:** We will be finding out about the Artist Andy Goldsworthy:

<https://www.youtube.com/watch?v=mAmOscZR2OI>

Collect some nature and have a go at making your own piece of art!





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### Outdoor Learning:

We are finding out about our local environment. Draw a picture and write a sentence about your favourite place in Leith!

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# The **ZONES** of Regulation

			
<b>Blue Zone</b> Sad Bored Tired Sick	<b>Green Zone</b> Happy Focused Calm Proud	<b>Yellow Zone</b> Worried Frustrated Silly Excited	<b>Red Zone</b> overjoyed/Elated Panicked Angry Terrified