

Apple and Cherry classes, why not try some of these activities?

Bake Bread

Make your own bread using the recipe below. Luckily you won't have to grow your own wheat first or grind it into flour!

Ingredients

500g strong white flour, plus extra for dusting

2 tsp salt

7g sachet fast-action yeast

3 tbsp olive oil

300ml water

Method

STEP 1

Mix 500g strong white flour, 2 tsp salt and a 7g sachet of fast-action yeast in a large bowl.

STEP 2

Make a well in the centre, then add 3 tbsp olive oil and 300ml water, and mix well. If the dough seems a little stiff, add another 1-2 tbsp water and mix well.

STEP 3

Tip onto a lightly floured work surface and knead for around 10 mins.

STEP 4

Once the dough is satin-smooth, place it in a lightly oiled bowl and cover with cling film. Leave to rise for 1 hour until doubled in size or place in the fridge overnight.

STEP 5

Line a baking tray with baking parchment. Knock back the dough (punch the air out and pull the dough in on itself) then gently mould the dough into a ball.

STEP 6

Place it on the baking parchment to prove for a further hour until doubled in size.

STEP 7

Heat oven to 220C/fan 200C/gas 7.

STEP 8

Dust the loaf with some extra flour and cut a cross about 6cm long into the top of the loaf with a sharp knife.

STEP 9

Bake for 25-30 mins until golden brown and the loaf sounds hollow when tapped underneath. Cool on a wire rack.



Handprint Little Red Hens

Handprint Little Red
Hens



You will need: paper, red paint, yellow and orange crayons, a black felt tip.
Paint your hand red and press it down on the piece of paper. When it dries you can add details and turn it into a Little Red Hen. Add orange feathers and a yellow beak and tail. Give it a black beady eye or add a googly eye if you have one.

Reduce, Reuse, Recycle

Create your own windmill using junk modelling materials. You could follow the tutorial below or make your own version of a windmill. Try using a paper fastener if you have one to make the sails turn on the windmill.



<https://www.youtube.com/watch?v=NJMC0ZZpcFA>

Exploring Feelings



Read the flip book together and then encourage your child to retell it.
Highlight that the Little Red Hen does all of the work on her own, all of the time.

How do they think she feels when nobody helps her? Happy? Sad? Grumpy? Tired? Reflect upon times when you work together as a family, such as when you tidy up or at meal times: Does it make a job easier or harder if everyone helps? Which tasks are easy to share? Which jobs are too hard to share and why?

Talk with your child about why Little Red Hen would not share the bread at the end of the story. Do they agree with her decision? Use soft toys to role play different characters in the story. Ask your child to develop a character to be a helpful companion for the Little Red Hen.

Little Red Hen Songs

Listen to the 'Little Red Hen' song using the link below:



https://www.youtube.com/watch?v=n6E4AnbYd_k

Choose one of the 'Little Red Hen' songs which are sung to the tunes of traditional nursery rhymes and songs. Can you add some sound effects to go with the song you have chosen? You could make percussion noises using body parts or other items from around the house like pan lids or saucepans with a wooden spoon as a beater. Perhaps you have some real musical instruments that you could play to accompany your singing.

Daily Dough Gym

We do a 'Dough Gym' sessions in class. You might want to continue this daily at home.

Please use the link to access the video for this week. We repeat the same video for a week.

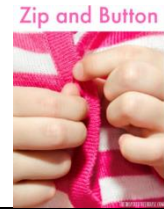
<https://www.youtube.com/watch?v=zJQ2CaA7E50>



Motor Control Activities

Here are some ideas to strengthen hands and body and to improve co-ordination and motor control.

- Sit down on the floor and practise standing up without pushing down on the floor with your hands. A lot of children struggle with this. It is good for developing core strength.
- Pick out a selection of clothes with buttons and zips and lay them out in a line. Time yourself as you fasten the zips and buttons. Can you get faster over time?



Busy Bee Task



Use the story map and pictures.

Cut out the pictures and stick them into the boxes along the path. Can you retell the story of 'The Little Red Hen'? Think about what happens first, next, after that and at the end.

