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Topaz News

Learning

As you know we are always looking for ways to link our skills and when the children were talking amongst themselves about not sleeping this week, it seemed like a great opportunity to help them with some personal and social, communication and physical skills.

We had a big discussion about why it can be difficult to sleep sometimes. We learnt about how our brains need to rest so that they can help us remember things, which is important when we are learning and, as some of the children pointed out, we feel much happier when we have slept well.

We talked about the things we need to do to give our body the message that it is nearly time to sleep; bath, brush our teeth, share a story. Some of us liked a song or some calming music too. The children gave each other some tips about how to change bad dreams by turning over the pillow and thinking about things they like.

Some of the children talked about dream catchers so we researched this and thought that by making them it would also help our fingers to get stronger for writing. We have a table of things available for this in the classroom at the moment. We are encouraging talk about good dreams while they make them with some calming background music.

I know that as there was a panorama programme that you can get on i-player at the moment (for adults) that apparently has some interesting facts about children and sleep.



Did you know that some frogs can jump as far as 20 times their body length?

This week we have been interested in this fact and have been linking our number learning by measuring how far we can jump. We needed to use our counting in 10s. Next week we will be looking at counting in 2s. Lots of us still need to practice counting back from 20 so lots of different counting at home would really help us.

Kind regards,

Sally Windmill