**Happy to be Me**

**During September and October we will be learning about ourselves.**

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| **Take a look in the mirror; which features do you see? Can you describe them? “I have short, spikey blonde hair”, “I have 2 blue eyes” …** | **Your 10 fingers are made for maths; count them, show a number, sing finger rhymes …****Here are some rhyme cards to help you learn.** | **Read or watch “You Choose” Pippa Goodhart & Nick Sharratt**[**https://www.clickabook.co.uk/product/you-choose-pippa-goodhart-nick-sharratt/**](https://www.clickabook.co.uk/product/you-choose-pippa-goodhart-nick-sharratt/)**make choices, imagine, express preferences …** | **Heads shoulders, knees & toes ...**[**https://www.youtube.com/watch?v=ZanHgPprl-0**](https://www.youtube.com/watch?v=ZanHgPprl-0)**have fun learning the actions & the words!** |
| **Watch “Something Special”**  <https://www.youtube.com/watch?v=pIbm8_c86qc> & on iPlayerCan you learn some Makaton sign language? | **Enjoy exercise;** **Can you hop, skip, jump? Can you roll, catch & bounce a ball?** | **Read or watch** **“Only One You”** **Linda Kranz**[**https://www.youtube.com/watch?v=IyIfExitwkQ**](https://www.youtube.com/watch?v=IyIfExitwkQ) | **Create a digital scrapbook of you, your family & your friends.** Take photos of times you have with your family & friends. Look at these together, zoom in on details & discuss. |
| **Read or watch****“What Makes Me a Me?**”**Ben Faulks & David Tazzyman** [**https://www.youtube.com/watch?v=M3imlVnPvC8**](https://www.youtube.com/watch?v=M3imlVnPvC8) | **Cook a family meal:****chicken & apple curry**Use the recipe card to buy the ingredients you need & cook the curry together. | **Draw & paint pictures of yourself, your family, your friends, your house …** | **Make a delicious treat:****chocolate fridge cake**Use the recipe card to buy the ingredients you need & make the cake together. Who will you share it with? |