



# Hygiene

## Home learning resources – 1<sup>st</sup> June 2020

The following are a collection of resources to support you in this week's home learning, surrounding hygiene and hand washing. This home learning is in line with what will be being completed at school.

These pages do not need to be printed out unless you wish to, you can simply use them online or to give you an idea of how you can support your child's learning.

The school website has launched a '**Celebration of Home Learning**' section and we would love to see and share some of the amazing things your child has been doing at home. You can send pictures to your class teacher using their email address at the end of this document.

*These pages have been put together from resources found on the Twinkl website. If you haven't already signed up to the free month they are offering then the link and code are as follows:*

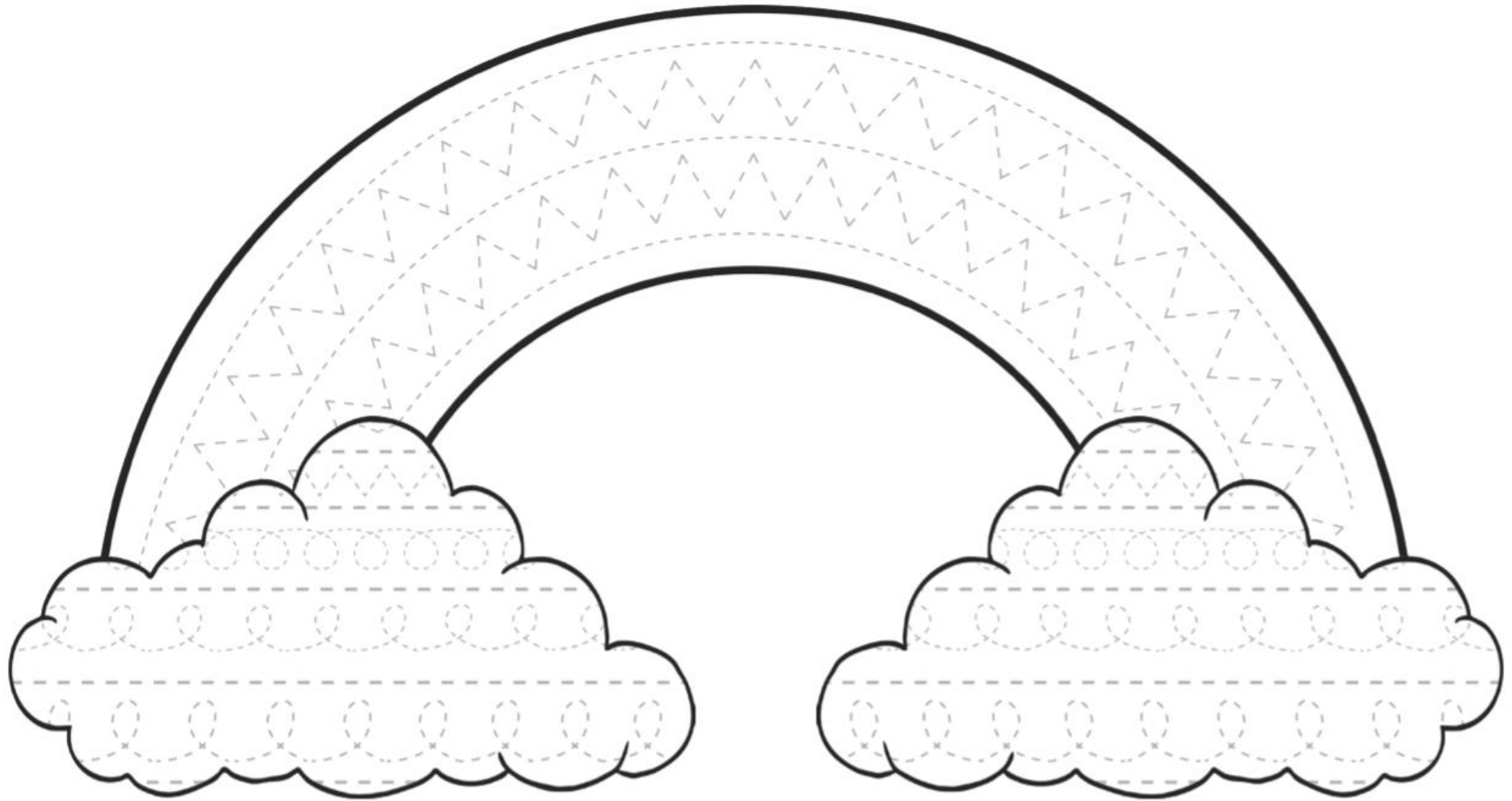
<https://www.twinkl.co.uk/offer> - UKTWINKLHELPS



Monday - Clever Hands Example

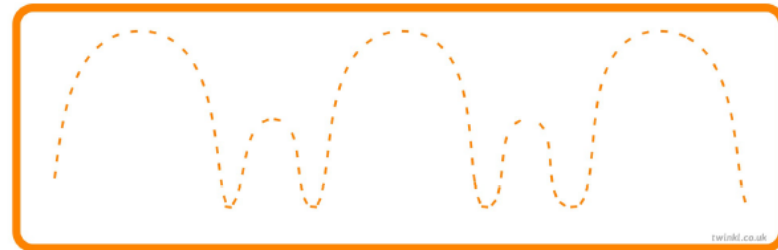
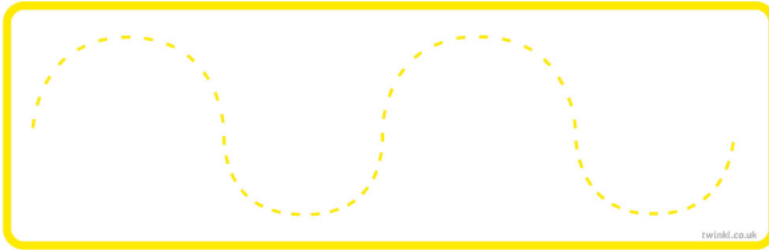
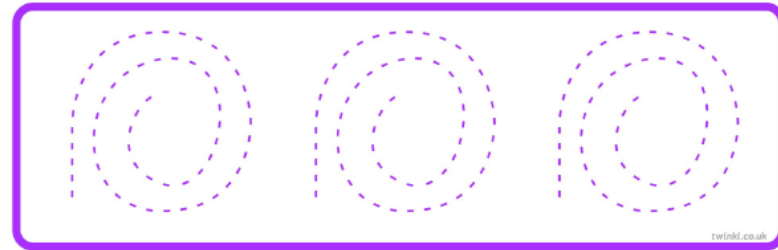
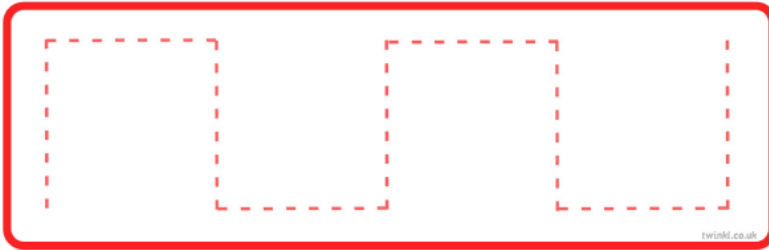
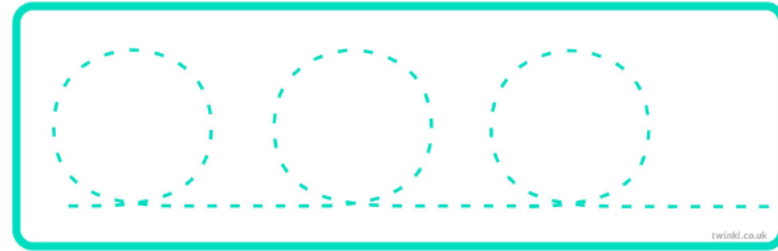
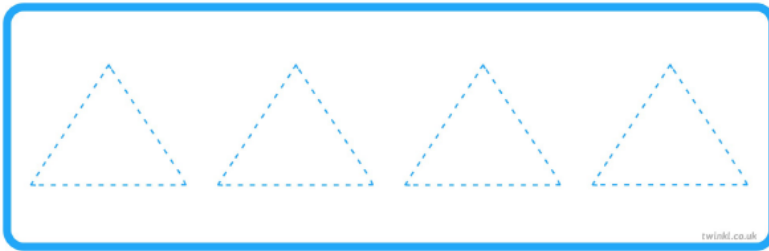


# Rainbow Pattern Tracing Activity





# Monday - Clever Hands Example



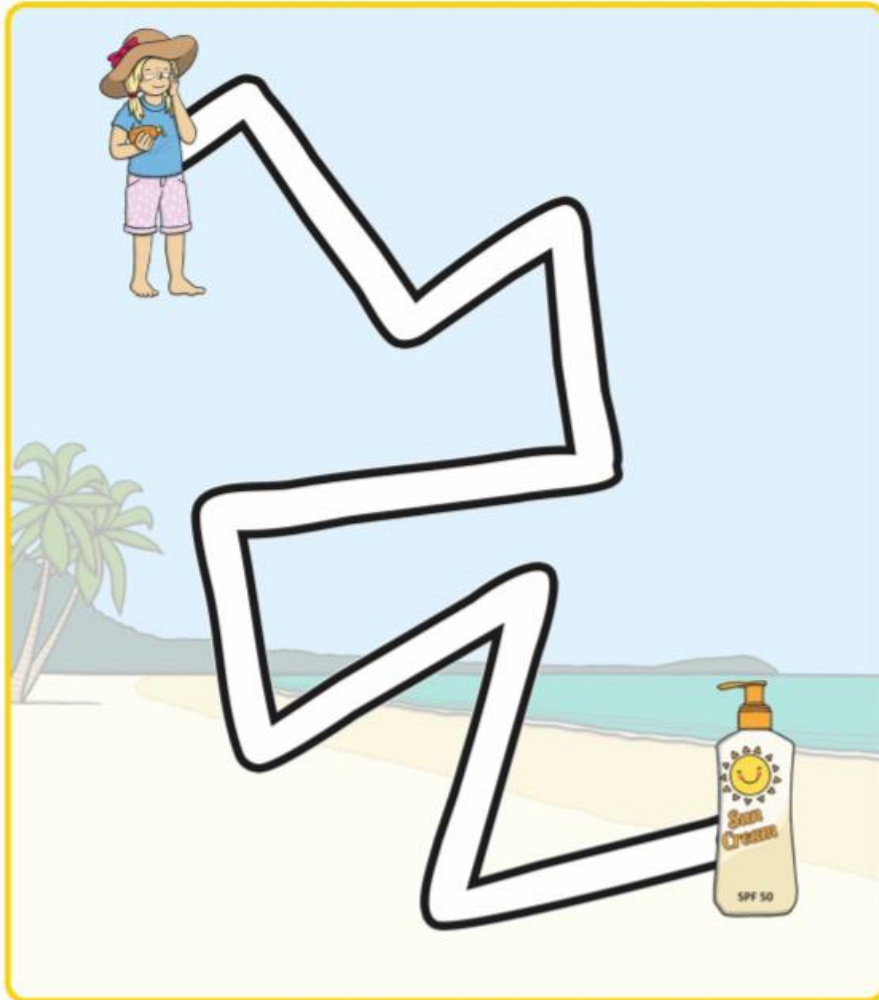


Monday - Clever Hands Example



## Summer

Use your pencil to draw a line to connect the girl and sun cream.  
Try and stay in the middle of the path.



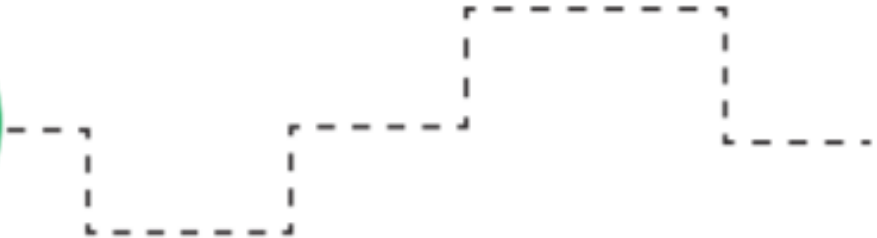
## Summer

Use your pencil to draw a line to connect the bee and sunflower.  
Try and stay in the middle of the path.





## Summer-Themed Cutting Skills







## Fizzy's Training Games: Clever Hands

### Clever Hands Level One



### Level One

A programme compiled by  
Occupational and Physiotherapists.

Advice for  
parents, carers and education staff.

Children's Assessment Centre  
Kent & Canterbury Hospital  
Ethelbert Road, Canterbury, CT1 3NG  
Phone: 01227 783043 Fax: 01227 783185

### Play-dough

- Can you roll out a sausage?

Fizzy says: "Make sure you use both hands."



- Now can you turn your sausage into a dinosaur by using your thumb and first finger to pinch along the top to make spines?
- Roll it flat and make shapes using cutters.

- Roll a sausage again, can you cut it into pieces with a play knife?



Fizzy says: "Try to keep your first finger on the top of the knife and your thumb and the other fingers either side. Hold your play doh still with your other hand."

- Can you roll it flat again and make a face out of the play-dough?

### Pegs (for graded pegs see resource list)

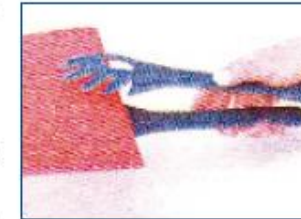
Fizzy says: "Look at the picture, hold the peg this way."

- Peg pegs onto the edge of the box.
- Peg pegs onto a rag doll/teddy.
- Peg pegs onto a T-shirt on a teddy.



### Tongs

Fizzy says: "Use one hand on the tongs. You need to hold the tongs with your thumb on one side and your fingers on the other."



- Snap the tongs like a crocodile.
- Can your crocodile bite the paper?
- Tear and scrunch up paper and pick it up with your tongs.
- Pick up cotton wool balls.
- Now try little bricks.

### Posting

- Pick up and post coins into a money box.



- Post dried peas / pasta / sugar decorations into a bottle and screw up the lid.



### Note:

If you are working with a child who still puts objects into his/her mouth use edible items, for example, raisins, dried banana chips, 'holey' cereals etc.



# Monday - Clever Hands Example



## Pastry Making

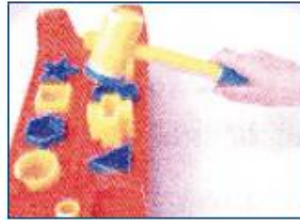
- Roll the pastry into a ball.
- Flatten it with your hands.
- Cut it into shapes using pastry cutters and shape cutters.

## Duplo

Fizzy says: "What can you make?"

## Hammering

- Find toys with which you can use a hammer.



## Threading

- Thread large beads onto dowels/sticks.



## Hand and Finger Rhymes and Games

- Two Little Dickie Birds.
- Twinkle, Little Star.
- Tommy Thumb.
- Play games with Finger Puppets.

## Musical Instruments

- Castanets / maracas.
- Keyboards.
- Toy trumpets / saxophone.

Continued at the back of the leaflet...

- There are three levels to the "Clever Hands Training Games" and this is level one for beginners.
- Play the games in any order until you are good at all of them, before going on to level two.
- The games should be fun and repeated on a regular basis to improve hand dexterity and strength.

*(Resource list accompanies this programme)*

## Feely Games

- Hide everyday objects, for example, teaspoon, cotton wool balls, large beads, little bricks, toothbrush, in a box of sand / rice/ pasta / flour etc.

Fizzy says: "What can you find?"

- Try this game again placing objects into a bag.

## Feely Pictures

- Tear up tissue paper.
- Scrunch up the paper using your fingers (as shown in the picture) and glue onto the paper.



You can also use cotton wool, glitter, string, sand and oddments of different textures.

Fizzy says: "What else can you use for your picture?"

## Slime (see resource list for recipe)

Fizzy says: "Play and enjoy."

**Warning:** It is messy! Keep clothes covered!

## Inset Puzzles

Try large and easy to manipulate inset puzzles.

## Puzzles

- Wooden inset puzzles with chunky hand grips.
- Wooden inset puzzles with small hand grips.
- Large chunky 2 piece interlocking puzzles.
- 2 - 4 piece puzzle within a framed border.

## Finger Cymbals

- Place a cymbal on each index finger and clap together.
- Now place a cymbal on your thumb and index finger of one hand.

Fizzy says: "Play and enjoy!"

## Other Ideas

- Patting and tapping a balloon into the air.
- Squeeze a plastic bottle or bath toy in water to make bubbles.

Fizzy says: "You may need to use both hands."

- Blowing bubbles.
- Can you pop them with one finger?
- Squeeze squeaky toys (see pictures).



If you would like this leaflet in another format or language please contact the Communications Team

By telephone: 01227 791161 or

Email: [communications@eastcoastkent.nhs.uk](mailto:communications@eastcoastkent.nhs.uk)

## PALS Patient Advice and Liaison Service

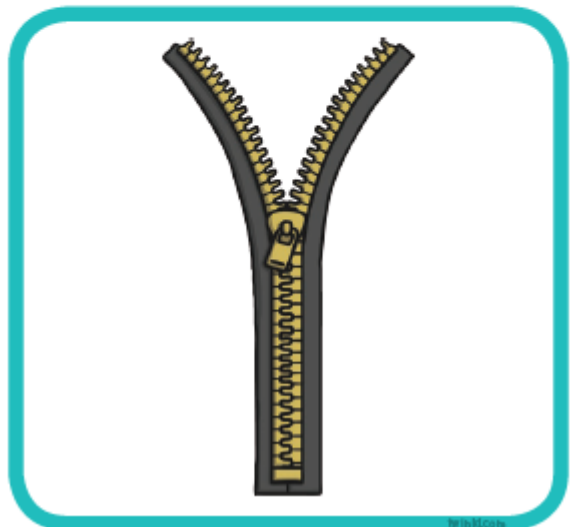
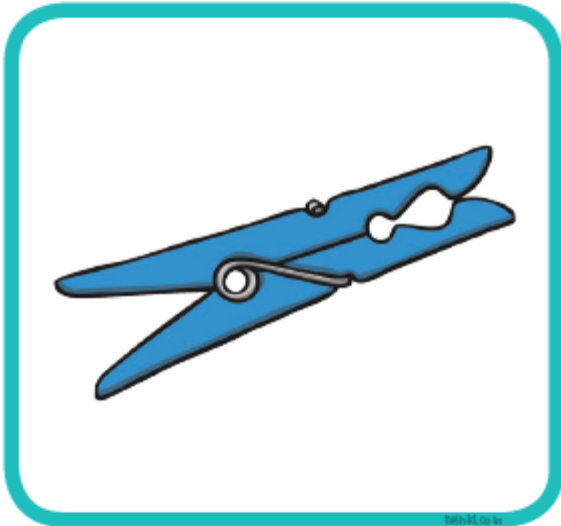
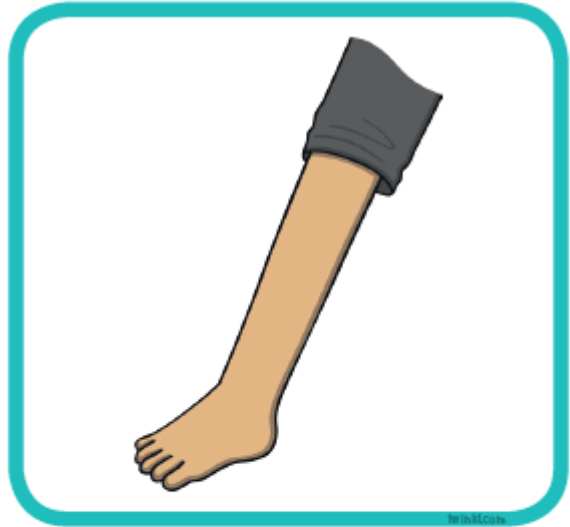
If you need information, support or advice about our services, please contact PALS.

Phone: 0800 085 6606

Email: [pals@eastcoastkent.nhs.uk](mailto:pals@eastcoastkent.nhs.uk)



Monday - Reception Phonics







# Monday - Reception Phonics





# Aided Language Board



princess



dirty



eat



Queen



outside



Scruff



Cook



wash hands



dry



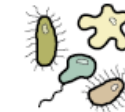
potty



King



sneezing



germs



Maid



tummy



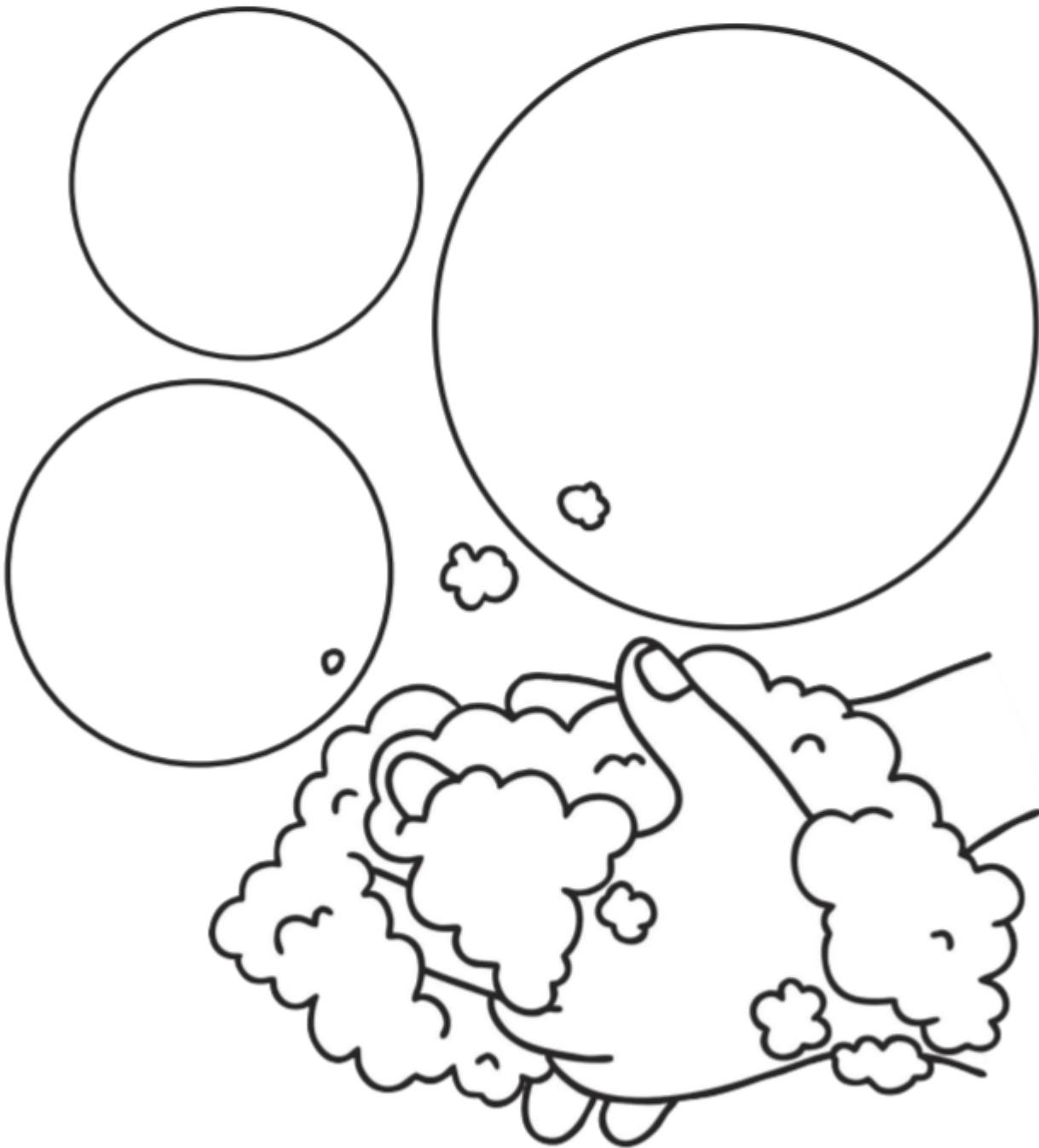
sick





# When Should We Wash Our Hands?














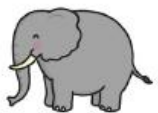









Washing our hands is really important. It helps to keep us healthy because we are washing away dirt and germs. Do you know when you should wash your hands? Draw some pictures in the bubbles to show when it is important to wash your hands.





Sound Mat for Reception






























s 	a 	t 	p 	i 	n 	m 	d 
g 	o 	c 	k 	ck 	e 	u 	r 
h 	b 	f 	ff 	l 	ll 	ss 	

My Phase 2 Sound Mat



# Sound Mat for Reception



j 	n 	w 	x 	y 	z 	zz 	qu 	
ch 	sh 	th 	ng 	ai 	ee 	igh 	oa 	
oo 	oo 	ar 	or 	ur 	ow 	oi 	ear 	
air 	ure 	er 	My Phase 3 Sound Mat					

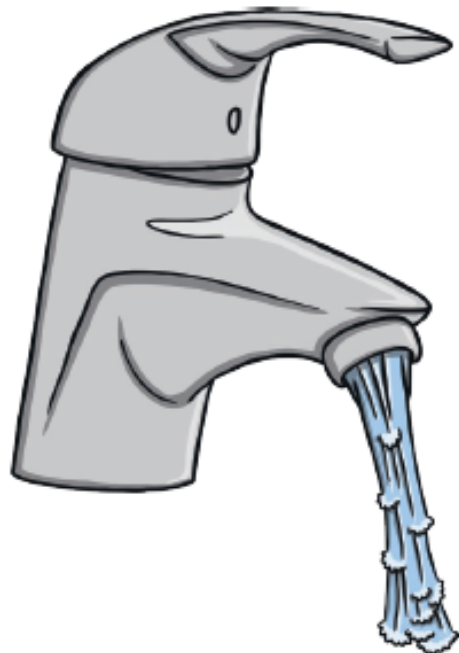




Dirty  
hands



First,

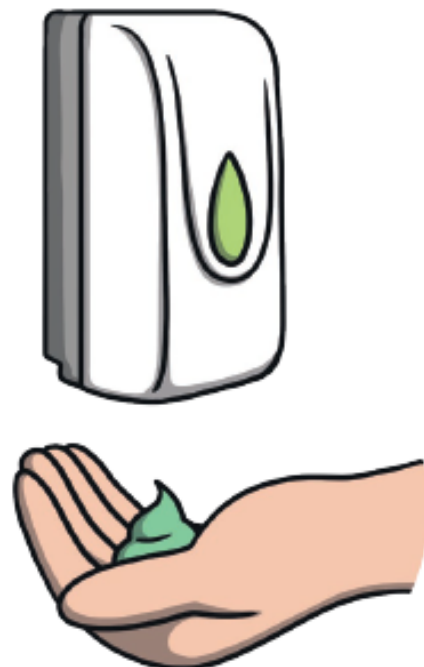




The soap



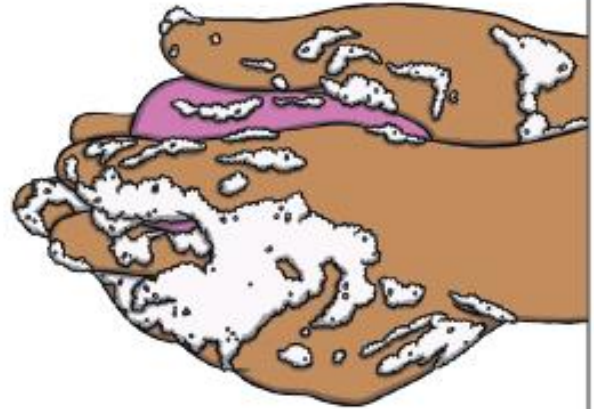
You  
should





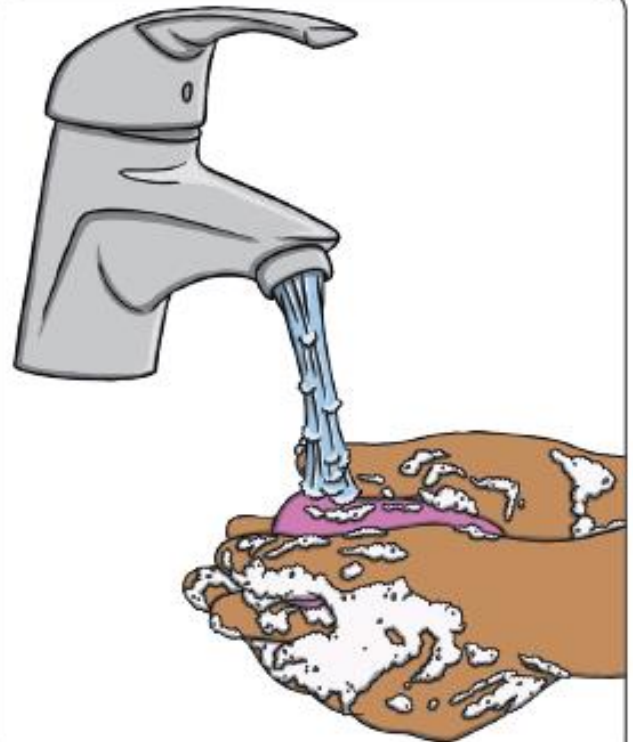
Make sure

Handwriting practice lines for the sentence 'Make sure'. The box contains ten sets of horizontal lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line.



Start to

Handwriting practice lines for the sentence 'Start to'. The box contains ten sets of horizontal lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line.





Then,



You might

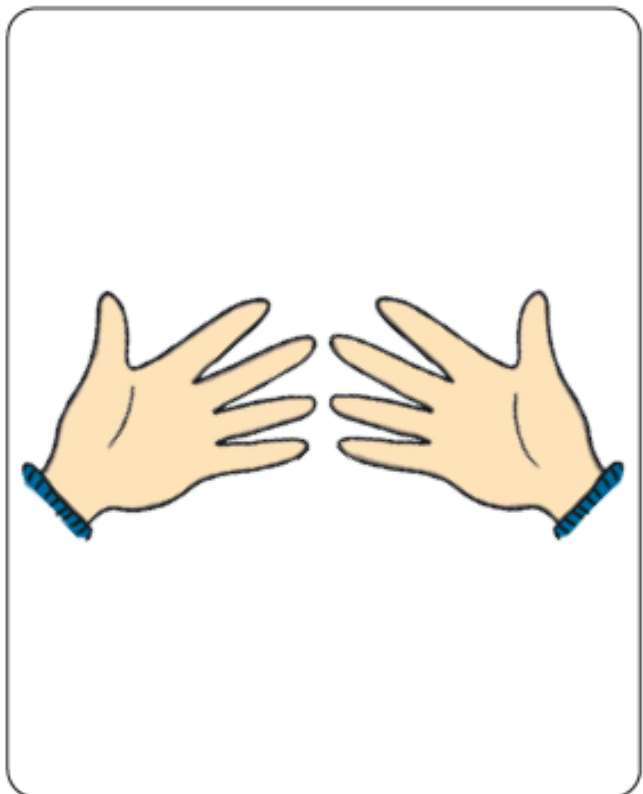




After that,



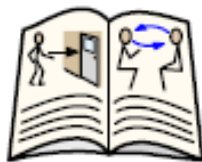
Check that







Hand Washing



Social Story



It is important to



wash our hands.



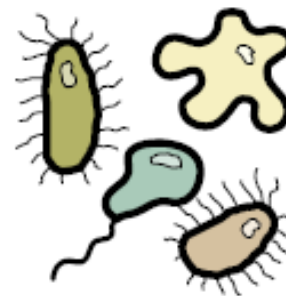
Throughout the day



we touch lots of



things.



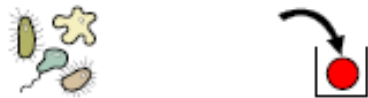
We can pick up germs



on our hands.



# Thursday - Handwashing Social Story



If germs get into



our tummies they



can make us poorly.



We might give these

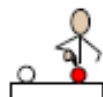


germs to other people

+



and make them poorly.



This is why we



wash our hands with



soap.



Washing our hands



destroys the germs and



+



stops them spreading.





# Thursday - Handwashing Social Story



You can cut print these out and cut them out to make a booklet.

Alternatively, you can find a video of the story here:

<https://youtu.be/wYYSXtkl970>

The important thing to remember with social stories is that they are not shared just once and put away. They are to be shared often throughout the day to support and instil the message within them.



Coronavirus



Social Story



There is a virus that



has travelled around



the whole world.



This virus can make



us very poorly.



This is why we have to



stay at home to stop



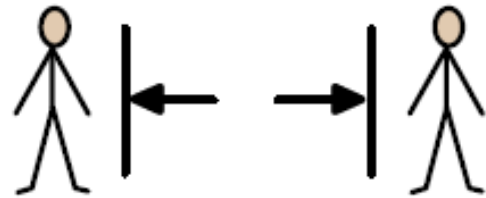
the virus spreading.



Thursday - Coronavirus Social Story



We must remember to  
 wash our hands lots. This  
 will destroy the germs.



We have to keep apart  
 from people we do not  
 live with.



We must not give  
 cuddles to people we  
 do not live with.



We may not be able to  
 see our friends and  
 the people we love.





Thursday - Coronavirus Social Story



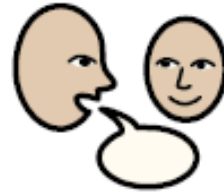
This can make us



feel sad. It is okay to



feel sad and miss people.



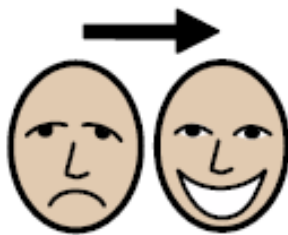
You can talk to your



grown-up if you're



feeling sad.



This can help you



to feel better.



If we follow the rules



we can help to stop



the virus from





spreading.



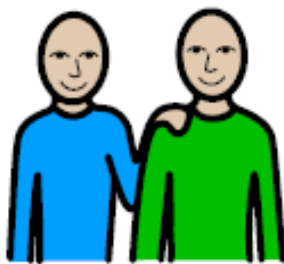
# Thursday - Coronavirus Social Story







This might take a  a  long time.



But it will help make   + the world better and   keep everyone safe.



We will then be able to   + see our friends and   family again.

You can cut print these out and cut them out to make a booklet.

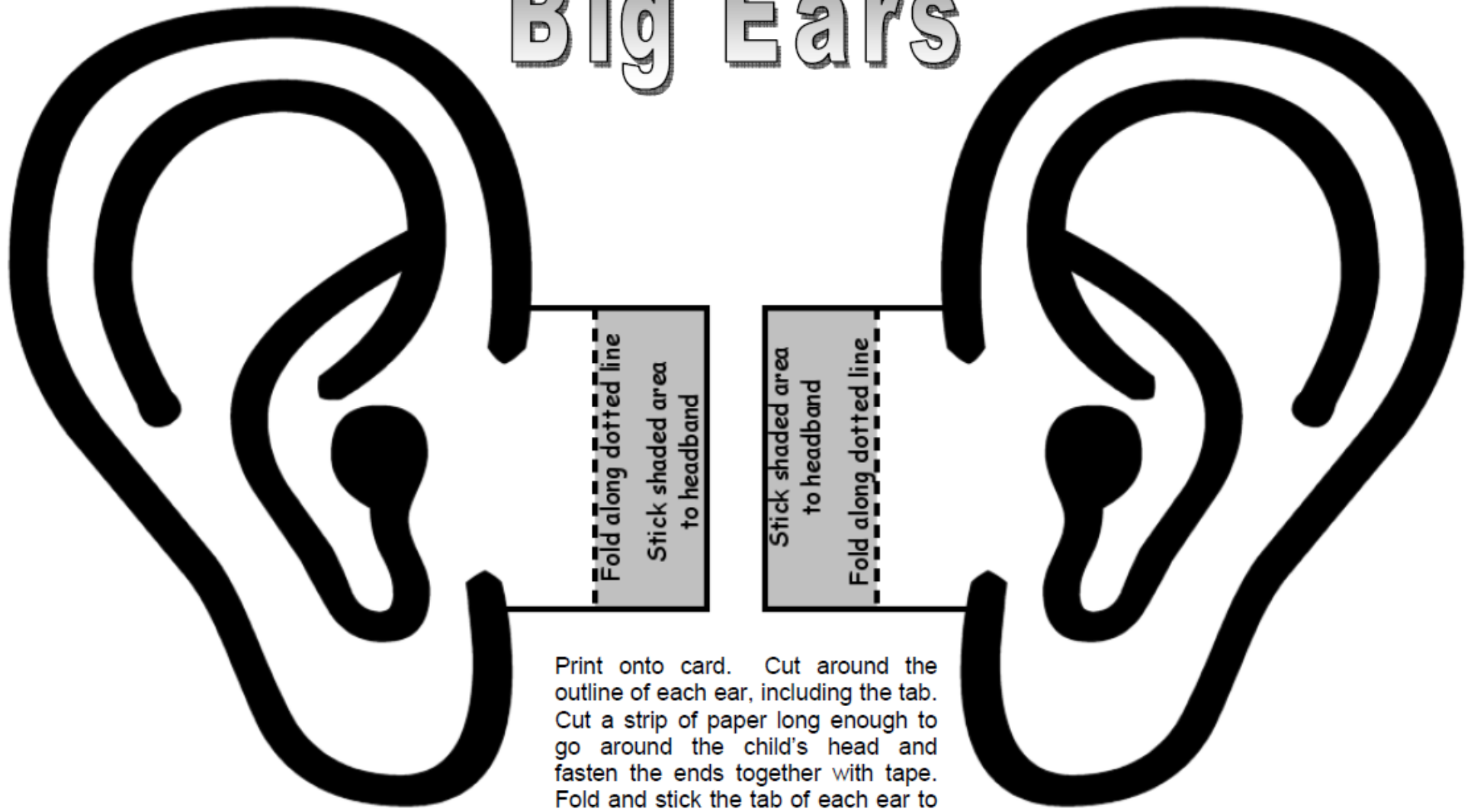
Alternatively, you can find a video of the story here:

<https://youtu.be/TfweSorpqSA>

The important thing to remember with social stories is that they are not shared just once and put away. They are to be shared often throughout the day to support and instil the message within them.



# Big Ears



Fold along dotted line

Stick shaded area  
to headband

Stick shaded area  
to headband

Fold along dotted line

Print onto card. Cut around the outline of each ear, including the tab. Cut a strip of paper long enough to go around the child's head and fasten the ends together with tape. Fold and stick the tab of each ear to the headband. Now you can go for a listening walk.



Friday - Nursery Phonics



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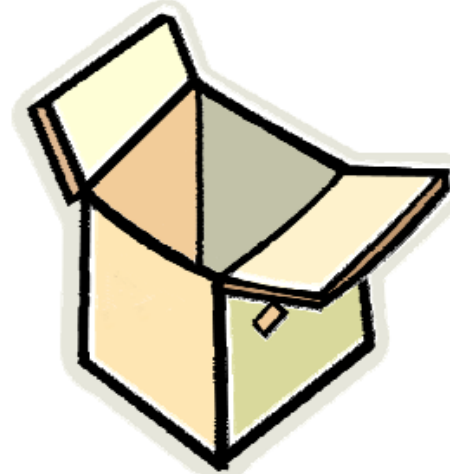
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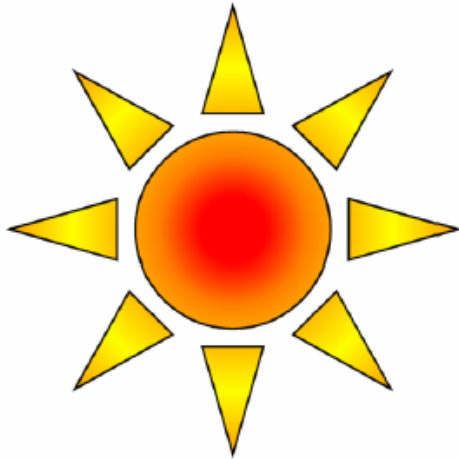
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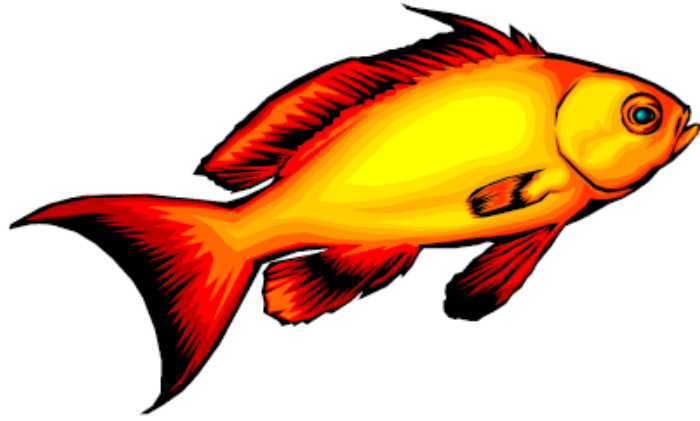


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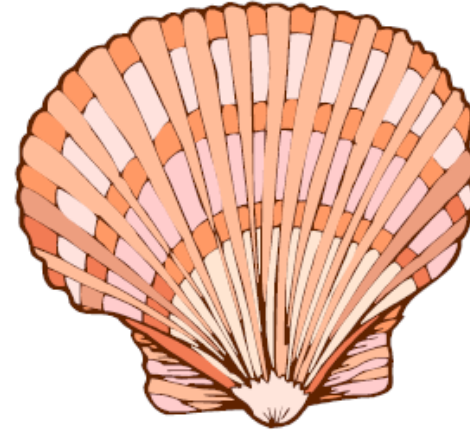
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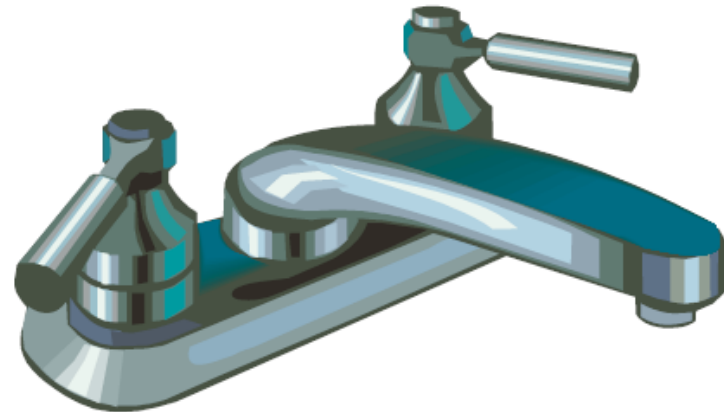
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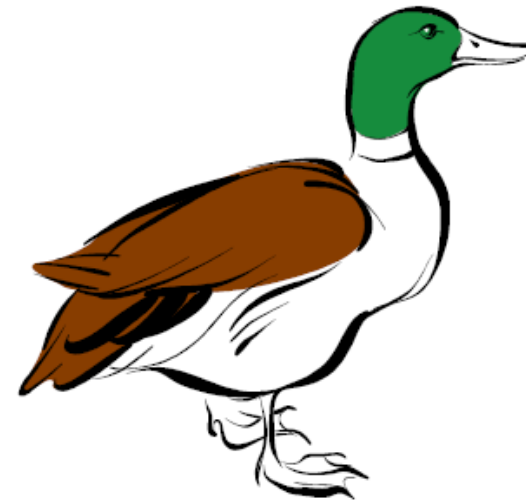
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**cat** 

**can** 

**man** 

**map** 

**mop** 

**cop** 

**cap** 

**sock** 

**rock** 

**clock** 

**run** 

**mud** 

**pet** 

**met** 

**net** 

**get** 

**set** 

**sun** 

**ram** 

**can** 



**wait** ☆

**hail** ☆

**pain** ☆

**aim** ☆

**sail** ☆

**main** ☆

**tail** ☆

**rain** ☆

**see** ☆

**feel** ☆

**weep** ☆

**feet** ☆

**jeep** ☆

**seem** ☆

**meet** ☆

**week** ☆

**deep** ☆

**keep** ☆

**flee** ☆

**tree** ☆



Monday - Aided Language Board



**1**

1

**2**

2

**3**

3

**4**

4

**5**

5

**6**

6

**7**

7

**8**

8

**9**

9

**10**

10



fish



go



bit



finger



right





Number Lines



## My 1 to 10 Number Track



0 1 2 3 4 5 6 7 8 9 10

A horizontal number line with tick marks and labels for each integer from 0 to 10.

twinkl.com

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

A horizontal number line with tick marks and labels for each integer from 0 to 20.

twinkl.com

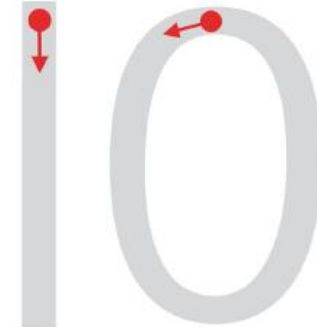




Tuesday - Number Formation



Can you trace  
the numbers?



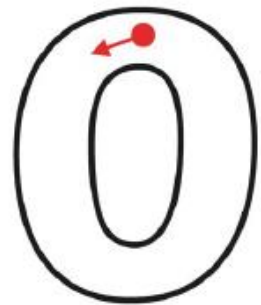
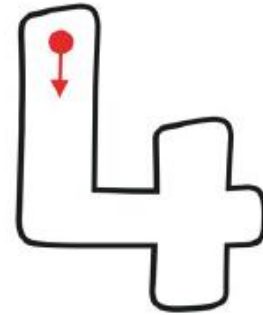
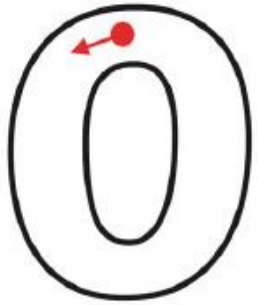


Tuesday - Number Formation



# Number Formation

Can you trace the numbers?





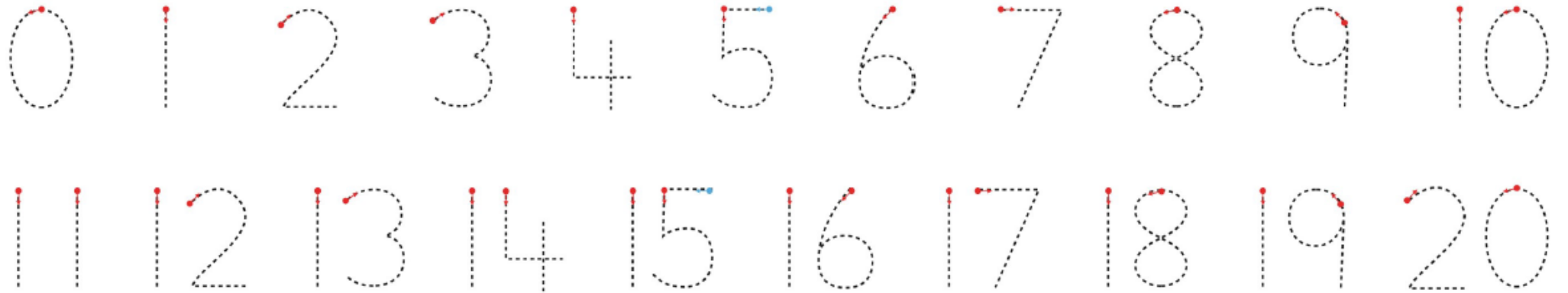
Tuesday - Number Formation



### My 0-10 Number Formation



### My 0-20 Number Formation





# Number Cards



**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

**0**

**10**





Number Cards



**11**

**12**

**13**

**14**

**15**

**16**

**17**

**18**

**19**

**20**







## Cooked Playdough Recipe



2 cups salt

2 cups plain flour

4 teaspoons cream of tartar

2 cups water

4 teaspoons oil

(add drops of your chosen colour)

- Microwave on high for 3 ½ minutes, stirring after every minute.





## No Cook Playdough Recipe



2 cups plain flour

2 tablespoons vegetable oil (baby oil/coconut oil work too)

$\frac{1}{2}$  cup salt

2 tablespoons cream of tartar

1 to 1.5 cups boiling water (adding in increments until it feels just right)

Gel food colouring (optional)

Few drops glycerine (optional)

- Mix the flour, salt, cream of tartar and oil in a large mixing bowl
- Add food colouring to the boiling water then into the dry ingredients
- Stir continuously until it becomes a sticky, combined dough
- Add the glycerine (optional)
- Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone (this is the most important part of the process, so keep at it until it's the perfect consistency!)
- If it remains a little sticky then add a touch more flour until just right.





Wednesday - Hand Washing Sequencing



# How to Wash Your Hands

Do you know how to wash your hands? Look carefully at the pictures and then cut and stick them in the correct order.

--	--	--	--	--



Can you tell a friend  
all about how we wash  
our hands?





# Wednesday - Hand Washing Sequencing



twinkl.com

Wash away the soap bubbles.



twinkl.com

Put soap on your hands.



twinkl.com

Rinse your hands with water.



twinkl.com

Dry your hands.



twinkl.com

Rub your hands together.



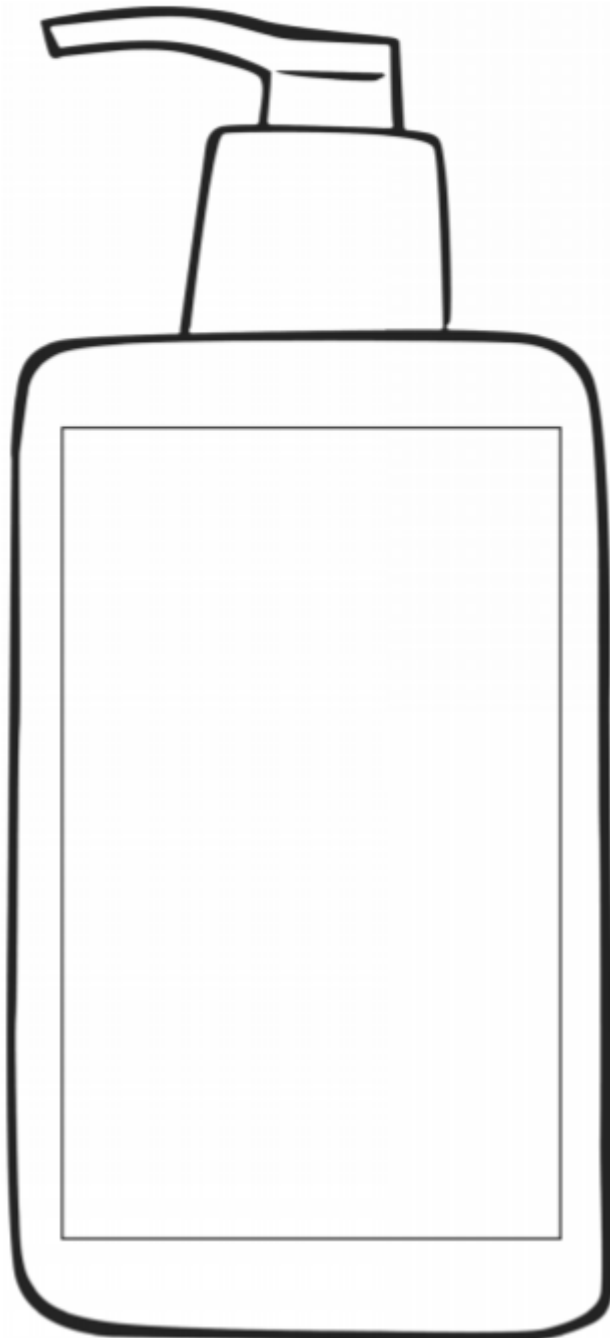
# Design a Handwash Bottle



Design a fabulous handwash with a label that will encourage people to wash their hands!

Think about:

- What will it smell like?
- What will it look like?
- Make the bottle stand out, so that people want to buy it.
- Make it look fun, so that people want to use it.





# A Message to Parents/Carers

Please remember that these are examples of the resources you can use. You can use these as examples to create your own resources for this week's home learning or you can print them out if you so wish.

We have endeavoured to send emails out to all parents/carers (please check your spam inbox), however if you have not received an email, then it may be because we either do not have yours on our system or that it is not up to date. If this is the case, then please do get in touch with us as we would love to hear from you.

Miss Kemp – Nursery: [Nursery@garlinge.kent.sch.uk](mailto:Nursery@garlinge.kent.sch.uk)

Miss Stannard – RA: [RA@garlinge.kent.sch.uk](mailto:RA@garlinge.kent.sch.uk)

Mr Bentley – RB: [RB@garlinge.kent.sch.uk](mailto:RB@garlinge.kent.sch.uk)

Mrs Keegan – RC: [RC@garlinge.kent.sch.uk](mailto:RC@garlinge.kent.sch.uk)

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