



BROOK INFANT SCHOOL
AND NURSERY



Woodland Wonderland

YEAR TWO AUTUMN TERM

Welcome to Year Two

It has been so lovely to welcome all the children back to Brook Infant School this week. We are so proud of how well our Year Two children have settled in. They are a true credit to you all! Seeing their smiling faces as they were reunited with their friends, was priceless.

The purpose of this little booklet is to give you a sneaky peek into some of the things we will be covering this term through our 'Woodland Wonderland' topic.

After a long period of time away from school and the difficult times we have all had to face over the past six months, we are working to help make the children's transition back into school and into a new year group as smooth and seamless as possible. We will be working on the 'zones of regulation' to help them understand their emotions and regulate them. We will also be helping them change their mindset so that they can achieve their potential by understanding how to overcome barriers that sometimes get in our way.

Please use this booklet to support your child by talking through their learning journey and trying out some of the extra activities to support their learning.

Important Notes

- Reading books will be sent home on a Monday and we ask that they are returned to school on a Friday. Books can then be allowed to fallow over the weekend before being added back to our classroom boxes on Monday.
- Please can you make sure that all jumpers and cardigans are clearly labelled as we already have a few with no homes due to no names.
- Please can we ask that children do not bring in their own hand sanitizer. We are finding that children are beginning to share their sanitizer which is unsafe and we have plenty of sanitizer to go around.
- Please ensure children have a named water bottle in school. These will be sent home everyday to be washed thoroughly.
- Please remember that the morning snack your child brings in needs to be either a piece of fruit or plain bread sticks. If your child is hungry during the afternoon session we have more fruit available for them.
- Our PE sessions will take place on Monday mornings and Wednesday afternoons. Please can children's earrings be taken out for PE days.

*Many thanks,
The Year Two Team*

Zones of Regulations

What Zone Are You In?			
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

We use the characters from the Disney film 'Inside Out' to help the children to understand the above 4 zones. The children need to understand that all emotions are natural and it is ok to be in any of the zones. What is important is how we learn to regulate these emotions so that they don't spiral out of control into undesirable behaviours. Being open about our emotions is key to children's mental health. Ask your child what zone they are in at different points of the day. Use the language of zones yourself e.g. 'I'm in the green zone because I'm happy that you tried hard with your reading'. Below are some ideas of tools to help your child to regulate their emotions depending on which zone they are in. Obviously different things work for different people, therefore we will be helping and encouraging the children to create their own toolkit of what works for them.



Growth Mindset

'Growth Mindset' is about learning how to change our mindset in order to have a positive attitude towards learning which in turn helps us to have resilience and confidence when faced with challenges. The children will learn how to rephrase familiar sayings as a process to changing their mindset.



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

Through our sessions on 'Growth Mindset' the children will understand that the brain is a muscle that we can grow. When we use 'Growth Mindset' our brain fires up and sparks, like fireworks. These sparks help our brain to make connections and, as a result, it grows stronger. The children will learn that mistakes help us to learn and that lots of things we take for granted today, were created by mistake.



Woodland Wonderland

In the Autumn term we are hoping to immerse your child in our topic. We are therefore looking to...



Spend lots of time exploring our woods, building dens and soaking up all nature has to offer.



Learn about the animals who call the woods their home .



Explore different traditional tales through our key text 'Hansel and Gretel by Michael Morpurgo



Watch the seasons change and discuss the effect this has on nature.



Use the natural environment to explore number.

You might want to join in with our learning at home by...



- Traditional tales such 'Little Red Riding Hood', 'Goldilocks and The Three Bears' and 'The Three Little Pigs'.
- 'Wild Child' by Jeanne Willis
- Snuggling down as a family to read 'The Magic Faraway' series by Enid Blyton.
- 'The Great Paper Caper' by Oliver Jeffers
- 'The Foggy Foggy Forest ' by Nick Sharrat
- 'Into the Forest' by Anthony Brown
- 'Look what I found in the Woods' by Paul Humphry



- Watch <https://www.youtube.com/watch?v=uVqggsxxAEk> - learn all about the south downs
- Play some of the games on <https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/online-games-for-kids/> there is lots to play on...



- Visit Leechpool and Owlbeech Woods in Horsham and follow the sculpture trail whilst exploring different habitats.
- Venture a little further afield to Chelwood Gate and follow their waterfall walk. It is a wonderful woodland walk complete with rope swings and streams and a waterfall to paddle in .

- There are lots of things you could do in the forest... such as -
- Tracking animal prints.
- Blindfolding your friend and get them to feel the bark of the tree , take off the blindfold and see if they find the tree that they have just felt.
- Collecting twigs and leaves and seeing if you can make a picture with them?
- Making some noise! Find some twigs and seeing if you can bang them against the bark of the tree. Does the noise change with bigger or thicker twigs?
- Taking your camera with you. Can you take some photos of interesting things that you see along the way?
- Climbing some trees or if you find a fallen tree then try to walk across it to strengthen your balance.



- Creating a journey stick of one of your walks.
Using double sided sticky tape or elastic bands, add things you find along the way to your stick. When you get home can you retell your journey using the stick to remind you?

Many thanks,
The Year Two Team