



# Individual Activity Lesson Plan

## Spring/Growing

<b>Date:</b> Friday 3 <sup>rd</sup> April 2020	
<b>Activity Title:</b> Frozen Herbs and Flowers	
<b>Learning Intention:</b> To use language to share feelings, experiences and thoughts.	<b>Activity Overview:</b> Freeze herbs and/or flowers in ice cubes to enjoy a sensory experience. Role model language and ask your child simple questions throughout.
<b>Links to EYFS:</b> <ul style="list-style-type: none"> <li>Communication and Language: Speaking-22-36 months</li> </ul>	
<b>Resources:</b> <ul style="list-style-type: none"> <li>- Basil</li> <li>- Mint</li> <li>- Parsley</li> <li>- Coriander</li> <li>- Rosemary</li> <li>- Thyme</li> <li>- Tulip</li> <li>- Rose</li> <li>- Lily</li> <li>- Grass</li> </ul>	<b>Key vocabulary:</b> Basil, tulip, mint, rose, parsley, lily, coriander, grass, rosemary, thyme, freeze, freezer, cold, hot, ice, cubes, melt, touch, feel, hold, smell.
<b>ACTIVITY IMPLEMENTATION (including key question)</b>	
<p><b>Introduction:</b> *Show your child a selection of herbs and flowers. Give them the opportunity to hold, feel and smell them. Ask your child questions such as:</p> <p>*How do they feel? *What can you smell? *What colours can you see?</p> <p><b>Main Activity:</b></p> <ul style="list-style-type: none"> <li>In the morning, break the herbs and/or flowers into small pieces. You can do this using your hands, children's scissors, such as play dough scissors, or a knife.</li> <li>Place the pieces of herbs/flowers into different sized containers. For example, in a small plastic cup, ice cube tray, an empty butter tub etc. Be imaginative and see what you can find. Try to use containers that are different shapes and sizes.</li> <li>Fill the containers with cold water, using a jug or cup to fill them up, and watch the pieces of herbs and flowers float.</li> <li>Carefully, put the containers into the freezer and wait patiently whilst they freeze. Alternatively do this the night before.</li> </ul> <p>*What has happened to the water? *How can we break the Ice? *What does it feel like?</p>	
	
	
<b>Review:</b> Talk to your child about how the ice feels and how we can melt the ice to get the flowers out.	
<p><b>Additional ways to support your child:</b></p> <ul style="list-style-type: none"> <li>Role model language for your child, encouraging them to repeat words. For example, the names of herbs/flowers, cold, ice, water, fill, and freeze.</li> <li>Bring the frozen ice cubes into the bath during bath time with your child, so they can slowly watch the ice cubes melt.</li> </ul>	<p><b>Extension:</b></p> <ul style="list-style-type: none"> <li>Ask your child more open-ended questions to allow them to communicate using fuller sentences.</li> <li>Find different ways in which you can melt the ice. For example, salt or warm water.</li> <li>Find other objects that you can freeze. Add food colouring to these and use the ice cubes for mark making.</li> </ul>

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