

# Activity Lesson Plan

## Rising 3's

**Date:** Thursday 28<sup>th</sup> May 2020

**Activity Title:** Making Porridge (Goldilocks and the Three Bears)

### Learning Intention:

- Responds to instructions involving a two-part sequence.
- Handles tools and objects safely and with increasing control.

### Activity Overview:

Invite your child to make their own breakfast by choosing what ingredients they want in their porridge.

### Links to EYFS:

- Communication and language
- Physical Development

### Resources:

- Porridge/oats
- Any Fruit you have available
- Honey
- Cinnamon

### Key vocabulary:

Sticky, too hot, too cold, just right, big bowl, small bowl, mummy's bowl, daddy's bowl my bowl, fruits. Measure, bigger, smaller, medium, large.

## ACTIVITY IMPLEMENTATION (including key questions)

### Introduction:

- Encourage your child to make his/her own breakfast/porridge, or even better, breakfast for the whole family!
- Talk about ingredients, different types of breakfast you have at home and allow your child to use what they want to put in their bowl.
- Use the song 'When Goldilocks went to the House of the Bears' to support your child's learning <https://www.youtube.com/watch?v=z88zxKiT9hk>
- Is this the same as the porridge we just looked at?
- Which one do you like?

### Main Activity:

- Allow your child to choose what they would like in their porridge. If your child has chosen fruit, model cutting the fruits. \*Don't forget to talk about the safety of using a knife. – "Oh this is very soft; oh this is quite tricky because it's very hard". Then allow your child to cut their own fruit by giving them a butter knife with supervision. "I like the way you are holding the knife".
- I wonder which fruit/fruits you will choose.
- Can you describe how it tastes?
- How does this fruit feel?
- Challenge your child by allowing them to pour the porridge into their bowl.



### Additional ways to support your child:

- Encourage your child to discuss shape, position and size.
- Remember: hand over hand when cutting difficult fruits like apples.

### Extension:

- Let your child make porridge for the bears and put it into various sized bowls.