



## Scotland

★ I explore and discover the interesting features of my local environment to develop an awareness of the world around me.






This week we will be thinking about Scotland. Scottish birds, animals, songs, stories, castles, foods and games.

This week is also Children's Mental Health Week 2021 - We will be adding an interactive emotional check in to our daily learning going forward.

Each day we will think about a different emotion and some ideas for things you can do when you are feeling that way.

We hope you enjoy the stories, songs and activities and we look forward to sharing this learning with you.

RSPB Reminder - If you managed to make a tally of the birds who visited your garden or you saw when on a walk between Friday the 29<sup>th</sup> of January and Sunday the 31<sup>st</sup> of January please share these and we will add them all together and send the results into the RSPB Big Bird Watch.

Bird Watch Tally		
Birds seen	Tallies	Total
 Robin		3
 Chickadee		8
 Blue tit		6
 Woodpecker		1
 Sparrow		5

## Making Porridge like the 3 bears



Mrs Swanson will show us how to make porridge.

Porridge is a traditional Scottish dish made using oats, milk or water. It is usually eaten for breakfast. It is a healthy choice and can give us energy for playing and help us to feel warm and full.

You could add a tasty topping. We would love to see your porridge creations.



## *Health and Wellbeing*

★ *I have opportunities to enjoy taking part in dance experiences.*

### *Movement to Music with Mrs Gordon*



Mrs Gordon will be doing a fun movement to music session that you can watch and join in with. Maybe you could make up your own routine and film it.

### *Castles in Midlothian*

★ *I am aware that different types of evidence can help me to find out about the past*

Mrs Dickson and Baby Bear will be visiting different castles in Midlothian. Mrs Dickson will share baby bear's adventures when he visits each castle. Have you visited a castle before? Did you have an adventure when you visited?



*On Tuesday you can hear about Melville Castle*



*On Wednesday you can hear about Crichton Castle*



*On Thursday you can hear about Dalhousie Castle*



*On Friday you can hear about Borthwick Castle*

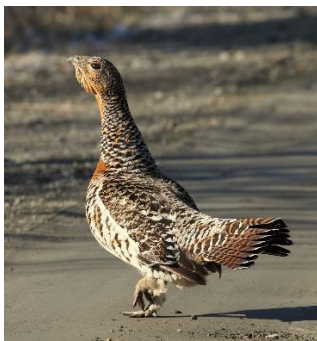
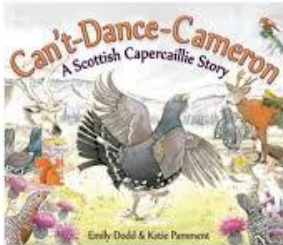
Who do you think lived in these castle long ago?

You could draw a castle you would like to live in or build a castle out of blocks, bricks, boxes, stones.



### The Capercaillie - A rare Scottish bird

Miss McKenzie will read a story tonight called, "Can't Dance Cameron". It is about a Scottish bird called a Capercaillie.



A female capercaillie



A male capercaillie

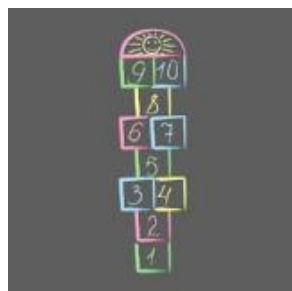
The RSPB tells us that a "capercaillie is a huge woodland **grouse**, the large black males are unmistakable. They spend a lot of time feeding on the ground, but may also be found in trees, feeding on shoots and buds".

### Hopscotch with Miss Lyon

★ I have explored numbers, I can use them to count, create sequences and describe order.

The link below tells you a little bit about this traditional street game and also gives ideas about how you can vary the game and play it outside and in. When Mrs McKnight was a little girl her dad used to call the game "peevers". This is the Scottish word for Hopscotch.

[How To Play Hopscotch: Learn the Basic Rules and Five Variations | Parents](#)



We would love to see any hopscotch number grids that you make.



## *Expressive Arts*

★ *I have the freedom to discover and choose ways to create images and objects using a variety of materials.*

Mrs Gordon will be making highland cows using different materials.



## The Highland Cow



### **10 facts about Highland Cows**

- 1 - Highland cows are native to Scotland.
- 2 - Highland cows are one of the oldest types of cow in the world.
- 3 - A male Highland cow is a bull, a female is a cow, a baby is a calf and a group is herd.
- 4 - The Highland cows we usually see have ginger coats but there are also breeds which have grey, white, and black coats.
- 5 - When Highland cows become friends often licking each other or play fight.
- 6 - They use their large handlebar shaped horns to dig up snow and find food in winter. They also use their horns to defend themselves against predators.
- 7 - Male Highland cow's horns tend to be thicker and curve forward. Female Highland cow's horns are thinner and curve upwards.
- 8 - The Highland cow's long shaggy coat has 2 layers. A warm undercoat and a protective oily outercoat. This help to keep them warm and dry and also keep the snow off during winter.
- 9 - When a mummy Highland cow has a baby, the calf can stand almost right away. The calf quickly learns to walk and knows who its mummy is. The cow will look after and feed her baby for about 6 months.
- 10 - Highland cows spend most of their day eating or grazing and can eat around 70kg of grass every day.



## Scottish Vegetables -

★ I explore and discover where different foods come from as I choose, prepare and taste different foods.

Can you identify these traditional Scottish vegetables?

How do they grow?

Which ones do you like to eat?



1



2



3



4



5



6

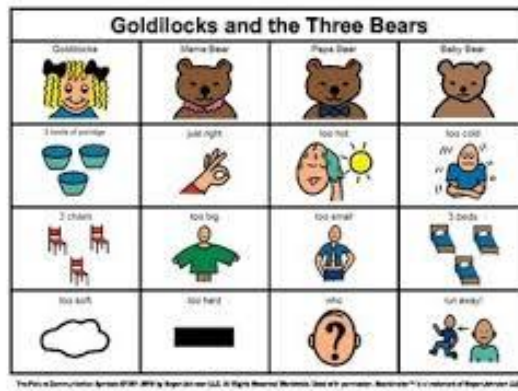
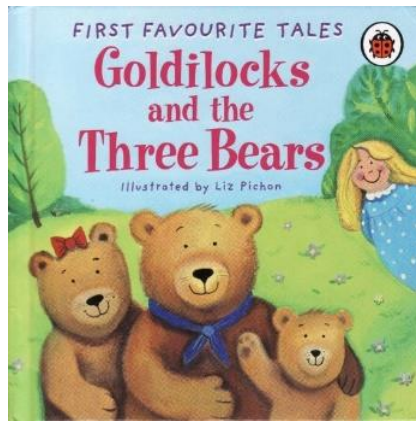
Sometimes when you have had a potato for a little while it starts to sprout, like this one. If you plant it you can grow more potatoes.



Mrs McKnight is going to plant some of the potatoes she has that have sprouted and we can see if they will grow. I will try some in a jar and will put some in soil and watch what happens,



## Traditional Tale - Goldilocks and the Three Bears



You can listen to Mrs Dickson reading the story on Seesaw

Ideas to explore the story further

### Health and Wellbeing:

- Cuddle up together to share a story, maybe one of your favourite bears could join you.
- Talk together about the different feelings of the characters in the story and learn more about emotions. How did Baby Bear feel when he found that Goldilocks had broken his chair? How did Goldilocks feel when she woke up to see the 3 bears? How did the 3 bears feel when they realised that someone was in their house?

### Literacy:

- Listening to a story from beginning to end
- Talking about how stories have a title, author, illustrator, beginning and end
- Talking about the people, characters and events in the story
- Talking about a favourite part of a story
- Predicting what might happen next
- Can you read the story to me? Retelling a story in your own words with or without the pictures in the book
- Making up your own story through role play, drawing pictures or writing
- Be an author and illustrator by writing, drawing your own story in a homemade book
- Are there any animals in the story that hibernate during winter?
- What are Baby Bears called?

### Numeracy:

- Sequencing of events, could you draw a story map of the events?
- What order did Goldilocks do things in when she was in the 3 bear's house?
- There are lots of references to big, medium and small in the story. Can you sort some things in your house or your toys into big, medium and small?
- Positional language - in, under, through
- Counting how many characters there are in the story - you could look back through the book together and make a tally

★ I enjoy exploring events and characters in stories and other texts, sharing my thoughts in different ways.



## Scottish Shortbread

Mrs McCairney will show us how to make delicious Scottish Shortbread.

