

# HOME LEARNING GUIDE

## Category One: Ages 4-7

### This Home Learning Guide will:

- help you support your child's **learning** during the Challenge **and**,
- help you support your child to develop a creative and thoughtful **Challenge entry**

### HOW TO SUPPORT YOUR CHILD'S LEARNING DURING THE CHALLENGE?

The Challenge offers a fantastic opportunity for a fun and valuable home learning experience. There's plenty of opportunities for you to support and enrich your child's learning as they discover how to make healthy choices for their money and their bodies and minds.

We've developed a set of **teaching materials** for children aged 4-7.

These are designed to:

- Help children explore the ways they can take care of their money and their health and wellbeing**
- Inspire children to produce creative and thoughtful challenge entries that help others take care of both their money and their health and wellbeing**

The teaching materials include two activities, one activity exploring how we can make healthy choices when we go shopping, and another exploring how we can make healthy choices when we exercise. Each activity culminates in a Challenge Entry Option.

Although these materials were designed with teachers in mind, you can use them materials to help you decide which topics to explore with your child.

### DISCUSSION

Throughout the teaching materials, children are encouraged to take part in discussions – look out for the following phrases, 'as a class', 'in pairs', 'in groups'. The aim of these discussions is to encourage children to talk through their ideas and share their experiences. Teachers can then help with any misunderstandings.

Children learn best when they can discuss their thoughts and share ideas. In the absence of a classroom, as a parent/carer, you can help facilitate these discussions. Take the place of the 'class', the 'pair' or the 'group' and talk through the ideas with your child. Here's some tips to help start discussions about your child's learning during the Challenge:

- **Encourage them to ask questions**, don't worry if you don't know the answer, you can do the research together.
- **Talk through ideas with them** – they will feel more confident to express and work through their ideas if you encourage them to share their thoughts
- **Make a plan to learn something together** – you could even invite the whole family to join in discussions and share their ideas and experiences too.

### PRACTICAL ACTIVITIES

Use the teaching materials as a guide to help you identify the relevant areas to explore and then see if you can find practical ways to bring these to life for your child.

Here's a few ideas to try:

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- **Can they help you plan a meal** and make sure all the different food groups are included?
- **Can you make an exercise plan together** – finding activities that don't cost a lot of money but make you feel healthy and happy?
- **Can you work together to create a family wish list** for the things that make you happy but you can't do regularly as they cost too much money e.g. going to the beach, visiting a museum, getting your favourite take away etc?
- **Can you create a family budget** to help you save for your wish list?

### THE CHALLENGE

This year, we've challenged children to...

**create something that helps people make healthy choices without spending too much money.**

They can choose from one of the two 'Challenge Entry Options' included at the bottom of the activities, *Let's shop sensibly!* or *Let's workout wisely!*

They can be as creative as they wish with their entry but it's important that their creation helps people look after their money AND their health and wellbeing.

Further information about entry requirements can be found in the *Category One Challenge Guidelines*.

### HOW TO SUPPORT YOUR CHILD TO CREATE THEIR CHALLENGE ENTRY?

Encourage your child to follow these **three steps**:

#### STEP ONE: PLAN THEIR ENTRY

Encourage them to talk through their ideas.

- What have they learnt from the Challenge? What would they like to help other people learn or do?
- Why is it important to take care of our money?
- Why is it important to take care of our bodies and minds?
- Can we take care of our bodies and minds without spending too much money?

#### STEP TWO: DO A DRAFT

Create a draft copy of their entry - this could be a rough design that allows them to test out some of their ideas. They could share their ideas and rough draft with other family members or friends to find out if they think their creation helps people both look after their money and their health.

#### STEP THREE: CREATE THEIR ENTRY

Remember the entry should be:

- easy for other people to use and understand
- colourful and memorable

#### REMEMBER THE CHALLENGE SUMMARY SHEET

All entries must include a completed *Challenge Summary Sheet* which can be found in the Category One Challenge Pack. If your child struggles with writing, then they can dictate their answer to you instead. They will not be penalised for not physically writing the answer themselves, as long as the ideas are their own.

**All entries must be submitted by no later than 31st March 2021. All entries must be submitted electronically by either a parent/carer, practitioner or teacher. For guidance on how to submit your child's challenge entry, see the Category One Challenge Guidelines.**