

This term in the Thrive Base we will be exploring all things spring, our topic is Spring has Sprung!

Each week we will be exploring a different theme of spring. We will be looking at flowers and plants, insects and bugs, birds, pond life, weather and life cycles of different animals. Some activities will be scavenger hunts in the Nature Area, den building in Forest school, planting seeds, bug hotels, bird feeders and investigating the pond life in the Nature area.

Alongside our main topic, we will also be exploring a different emotion each week. Learning mindfulness techniques and breathing exercises this term, ways we can manage our strong emotions, creating a mind 'toolbox' to support our emotions. We will be reading books like Ruby's worries, The koala who could, The lion inside, colour monster and The Stompysaurus.

As well as structured Thrive activities and open-play opportunities, the children also complete their class Maths, English, Phonics and Topic in the Thrive Base daily.

As always a busy term ahead in the Thrive Base for the children!

From

Mrs Chapman, Miss Griffin and Ms Bridge

The following photos are:

- * A photo of our bugs and insect tuff tray.
- * Our Worry monster boxes, monsters that can eat up our worries, which can either be drawn or written down and placed into the box.
- * A person picture to show where we feel our anger and what we can do to help release our anger in a safe way.



