

Dear Parents,

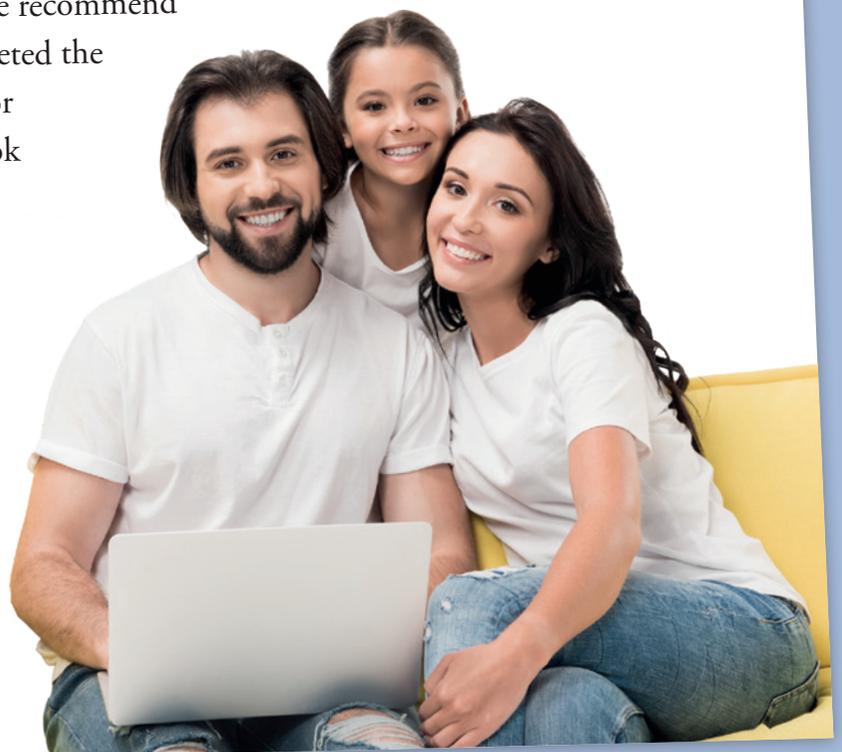
Welcome to Topic 3 of *Open Day 3 Home Connection*. We hope you enjoyed working with your child on Topic 2.

Topic 3 is called **Helping Hands**. In this topic, children learn about household chores and looking after their health. Having responsibilities in a home makes children feel more valued and confident, and being able to express how they feel when they are unwell is important for their physical wellbeing. The **Topic Preview Activity** is a great opportunity for you to show that you are interested in what your child is learning about this topic in the English class. We continue the theme of helping in the **Animal Activities** by exploring aspects of looking after giant pandas. Did you know the first panda reserves were set up in the early 1960s?

The **Mindfulness** section of this topic focuses on mindful empathy. Your child will learn how to think about others' feelings and how best to react in different situations. In the **Content and Language Integrated Learning (CLIL)** section we work with the subject of natural science. Your child will learn about how different organs in their body function. Citizenship talks about the importance of safety at home.

The topic recognises the importance of helping to look after your surroundings as well as your mental and physical self. Finally, in the **Closing Activity** you have got the opportunity to bring these important goals together by helping your child write a helping diary.

You don't have to do the activities all at once. We recommend that you try each one after your child has completed the corresponding sections in their Student's Book or Practice Book. The corresponding Student's Book pages are indicated in each section. We hope you will enjoy taking this active role in your child's learning.



## Topic Preview Activity Student's Book pages 72–73

### Helping Hands

Teaching children to take care of themselves and their surroundings is an important part of parenting. It is a good idea to help them develop positive habits.

- **Get Ready**

#### Part 1

Do you give your child chores to do at home? Research shows that children who do chores are more likely to become happy, independent adults. To encourage your child, why don't you create a "Chores Board"? Each member of the family has designated daily roles, such as laying the table, cleaning surfaces, washing the dishes or helping to sweep the floor. The roles can be changed each week. That way children learn new skills and begin to appreciate the effort it takes to keep an area feeling clean and homely.

#### Part 2

Good health is not just about physical health. It includes mental wellbeing too. And laughter is a big part of this. Having fun and laughing together with your child is a great way to connect. Try to create lots of opportunities for fun in your child's daily life, for example by playing funny games, baking together, watching comedies or even having a pillow fight! As you are doing these things, focus fully on the activity and the experience that you and your child are having together.

### Make Time Out Cards

Take three pieces of different-coloured card and get your child to label them *Chores*, *Play* and *Sports and Relaxing*. Explain to your child that they should put a tick (✓) on a card each time he or she does that activity. Get your child to do this for a couple of days. Then look at the cards together. Talk about how much time your child spends on the different activities.

## Animal Activity Unit 5 Student's Book pages 76–77

- **Get Ready**

Play should be an important part of young creatures' lives (whether they are children or pandas). Watch this video with your child:

<https://www.youtube.com/watch?v=8CmeDu7K7f4>

*Did you know that giant pandas are very clean? They love to play in water and bathe. When they roll down hills, they look like they're playing, but they also do this to remove twigs and other debris from their fur.*

OK, so maybe having baby pandas around while you're trying to do chores is difficult, but you can still have fun doing chores with your child!

- **Helping is Fun!**

Take a look at *Helping is Fun!* from the *Open Day 3 Reader* for this topic for some ideas, including playing music or hopping on one leg while you do chores. You can even do chores pretending to be an animal!

## Mindfulness Student's Book page 80

### • Get Ready

The Mindfulness focus for this topic is mindful empathy. Being aware of other people's feelings is an important part of social interaction and creating good relationships.



### • Empathise with Story Characters

The next time you read a story with your child, get him or her to choose one of the characters. Encourage your child to say how the character feels at different stages of the story and how he or she would like to be treated. Here are some suggestions for classic books and stories that are available in English and other languages, and are popular with children of this age:

*The Chronicles of Narnia* by C.S. Lewis

*The Famous Five* by Enid Blyton

*Pippi Longstocking* by Astrid Lindgren

*The Worst Witch* by Jill Murphy

## Animal Activity Unit 6 Student's Book pages 90–91

### • Get Ready

Does your child brush their teeth properly? Take a look at this video to make sure:

[https://www.youtube.com/watch?v=R\\_mgHakWC1g](https://www.youtube.com/watch?v=R_mgHakWC1g)

### • Teeth Tips

To encourage your child to brush his or her teeth regularly, here are some tips:

1. Set an example. Make sure your child sees you brushing your teeth twice a day. Ask other older family members to do the same.
2. Make brushing your teeth fun. You can sing a silly song or dance around while you brush.
3. Encourage your child to use the right amount of toothpaste: a pea-sized amount is enough.
4. Remember the 2/2 rule: brush for two minutes twice a day.

Did you know that giant pandas have got an extra digit on their paws that functions like a thumb and helps them to tear bamboo? They also have got teeth that can repair themselves when damaged and a special lining in their throats. This lining protects the throat from splinters when they swallow bamboo.



- **Get Ready**

In this section we look at the role the heart plays in our health. A healthy heart is an active heart. Talk with your child about physical activities that can help keep his or her heart healthy.

- **Do a Jump Rope Challenge**

Why don't you encourage your child to be active by setting a healthy heart jump rope challenge? Jumping rope for ten minutes will increase your heart rate, which is great for its general health and wellbeing. Here are some videos with ideas for making jumping rope both fun and challenging.

For the basics: <https://www.youtube.com/watch?v=DCzhrVmowQ0>

Having fun: <https://www.youtube.com/watch?v=AF6tasHTW-8>

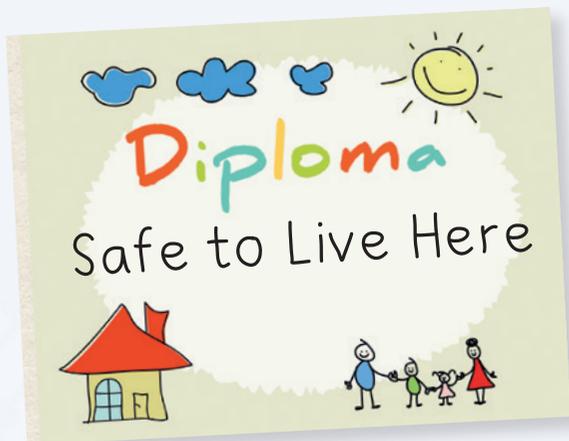
More tricks: <https://buyjumropes.net/resources/jump-rope-tricks-and-tips/>



**Citizenship Student's Book page 98**

- **Get Ready**

One of the biggest hazards at home is falling. We fall over cables that run across the floor or things that are left lying around like toys or clothes. We can also fall over because parts of our home are badly lit. It's important to make your child aware of these risks.



- **Hazards at Home**

A good way to do this is to walk around the house together and see if you can find any hazards, such as a piece of soap on the bathroom floor. If you find anything, ask your child to say how to remove the hazard. Once you're happy you have dealt with any hazards, help your child to design and make a "Safe to Live Here" diploma for your house. You could put the diploma on the wall, but remember that hazards keep coming back! Remember to do another house inspection day sometime soon.

## Closing Activity Student's Book page 101

### A Helping Diary

A Helping Diary is a way of encouraging your child to keep track of the things they do every day to help other people.

- **Get Ready**

At the beginning of the week explain to your child that he or she will be keeping a helping diary this week. Explain what a helping diary is (a place to write and record how he or she has helped different people on that day). Get your child to choose the notebook for his or her diary. Then work together to make a sample page. Talk about the things to include, such as the date, who was helped, how, and how your child felt.

- **Write a Helping Diary**

Start the diary. For the first couple of days, your child may need to be reminded to fill the diary in, and some guidance or help with ideas of what to write. However, after the first few days, he or she should be able to complete it independently. Very often, children take great pride in writing on their own every day and sharing with adults afterwards.

