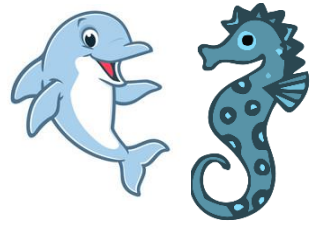


# Year R: Our Learning

Friday 9<sup>th</sup> January 2026



## Messages for Parents/Carers

Happy New Year from all of us in YR.

On our staff training day we learnt about zones of regulation. This week we have introduced the children to the four zones, the feelings associated with them and how to change zones if needed. To be ready to learn children need to be in the green zone. Each classroom in school now has a calm corner. Children can use this space for a short time if they want to reset their feelings so they are ready to learn. We will continue to explore this over the coming months but we have been amazed with how well the children have understood it so far.



### I feel...



This week we are thinking all about **Managing our feelings and emotions**

In your family can you complete some of these home learning challenges?

You can upload photos onto Tapestry. Please title your post My home learning.

We can't wait to see how much fun you have learning about **feelings** at home!



### Curious Crab

Can you join in with song about different feelings? Maybe you could make up your own feelings song and ask an adult to video it.



<https://www.bbc.co.uk/cbeebies/watch/hey-duggee-the-feelings-song>

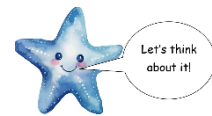


### Trying Turtle



Can you make some feeling masks? You could make up some games with them or use them to show how you feel. We shared the story "How do you feel" which you could watch and use your masks to match the story.

<https://www.youtube.com/watch?v=5I5teNqkVEg>



### Solving starfish

Can you make a place at home where you can have a small special space?

It might be a corner, a den, a cushion that you get out of or a small box with a few special objects that help you to calm and reset to get back to the green zone.

You could decorate it and think about how to make it special.



This week we have been revisiting all the sounds and tricky words that we have learnt so far. Please use the sheet sent before Christmas to do this at home.

We have been practising counting forwards and backward to 10.