



**Glastonbury
Thorn School**

Every day getting better in every way.

Foundation Stage Knowledge Organiser Our First Half Term at GTS

My Feelings and My Friendships

I can't do it...
YET!
Small steps make
big progress!

GTS BIG QUESTION

How can I become a happy, confident and independent learner?

WAIL – What Am I Learning?

- understand our feelings
- make friends and work together
- begin to follow routines
- listen and talk
- keep trying when things are tricky

We are learning to...

- say how we are feeling
- begin to recognise which Zone we are in
- notice things that can change how we feel
- try strategies that help our bodies feel settled and safe
- notice how somebody else might be feeling
- make and maintain friendships
- share, cooperate and take turns

Better together!

Zones of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
sad, tired, bored, poorly, slow.	calm, happy, focused, comfortable, ready.	worried, frustrated, excited, silly, wiggly.	angry, frightened, panicky, overwhelmed.
My body might need rest, comfort or help to get going.	My body and brain feel settled and ready for playing and learning.	My feelings are getting bigger. I may need a strategy to help me stay in control.	My feelings are very big and I may need help and time to feel safe and calm again.

No Zone is good or bad. All feelings are normal. We move through different Zones during the day.

Ask me...

- Which Zone are you in right now?
- How does your body feel?
- What could help you?
- How might your friend be feeling?

Let's talk!

Home Challenges

- Do a family Zones check-in and each choose a Zone.
- Draw or make the four Zones faces together.
- Talk about one thing that helps each family member feel calm.
- Practise taking turns in a simple game.
- Show kindness by helping a family member.

Little moments make a big difference!

Our Learning Journey

- I belong
- I understand my feelings
- I listen and talk
- I look after myself
- I move and make
- I notice sounds, numbers and patterns
- I keep trying

Happy, confident learners!

Our journey together!

Small steps brighter tomorrows

Make connections – talk about it!

What have you learnt that is completely new?

Well done!

You are already making a difference at GTS. Keep being you – you're amazing!

Our Values



Kindness



Honesty



Being Sensible



Respect



Effort

Our Learning Muscles



Strength



Curiosity



Reflection



Cooperation



♥ Becoming Independent, Listening and Talking ☀

GTS BIG QUESTION

How can I become a more independent learner?

WAIL – What Am I Learning?

- become more independent
- organise our belongings
- listen carefully
- take turns to speak
- use kind words
- keep trying when something is difficult

♥ Great friendships!

We are kind, we respect each other and we work together.





Kindness
Be friendly and think of others.



Respect
We listen and value everyone.



Cooperation
We work together and help each other.

Personal, Social and Emotional Development

I hang up my coat.



I carry my bag.



I tidy away the toys.



I wash my hands.



I can get dressed.



I can use the toilet independently.



I can cope when the answer is "no".



Communication and Language

Great listeners...

- 1 Look at the speaker.
- 2 Listen until they have finished.
- 3 Think about what they have said.
- 4 Respond when it is your turn.



Listening helps us learn!

Great talkers...

- have back-and-forth conversations
- take turns to speak
- wait while somebody else is speaking
- listen to what others are saying
- talk about ideas and experiences
- ask questions
- use new words.



I have an idea!

GTS Learning Muscle – Strength

Sometimes things are difficult. We practise. We try again. We say:

I can't do it... ★ YET! ★



Ask me...

- What makes a great listener?
- Can you tell me something that happened today?
- What did your friend say?
- What did you do when something was difficult?



Home Challenges

- Practise hanging up your coat and carrying your own bag.
- Practise getting dressed and undressed by yourself.
- Help tidy up your toys after playing.
- Play a turn-taking game together.
- Have a short conversation where everyone waits for their turn.
- Practise washing hands independently.
- Talk about how it feels when the answer is "no" and what can help.

Little steps & make a big difference!

♥ **Sounds, Numbers, Patterns and Stories** ☀

💡 **WAIL - What Am I Learning?**

- begin our phonics journey
- notice numbers and patterns
- count to and beyond 20
- enjoy stories and talk about them
- make connections between home and school

Phonics

Each Friday, the sounds we have learnt that week will be sent home with a prompt sheet. Please keep previous sheets so children can flash back to sounds they already know.

Little and often is best!



♥ Learning sounds helps us to read and write! ♥

Everyday Maths

Maths is everywhere. Some of the best Maths learning happens through talking, noticing and playing.



spot numbers everywhere



count windows on a bus



count cars



count steps



spot numbers on houses



notice patterns



copy and continue patterns



count actions, jumps and claps



count to 20 and beyond



- What numbers can you see?
- How many are there?
- What comes next in the pattern?
- Can you show me that number in a different way?

Our Core Texts



by Rebecca Cobb
Friendship, kindness and how we connect with other people.



by Anna Llenas
Feelings, emotions and ways of talking about how we feel.



by Lisa Bullard
What makes each of us special and unique.

💬 **Ask me...**

- What sound is this?
- Can you remember a sound we learnt last week?
- Can you find something at home that begins with that sound?



sun



apple



tree

💬 **Ask me...**

- Which story have you enjoyed most?
- Who is your favourite character?
- How was the character feeling?
- What happened at the beginning, middle and end?
- Which part would you like to read again?



💬 **Make connections - talk about it!**

Can you make a connection between something you learnt at school and something that happened at home?

- What have you learnt that is completely new?
- What can you do now that you could not do before?
- What would you like to get better at next?



🏠 **Our GTS Home Challenge**

- Talk together.
- Read together.
- Count together.
- Play together.
- Let your child do things independently.
- Help them name their feelings.
- Encourage them to keep trying.
- Go on a number hunt or sound hunt.
- Retell one of the stories together.

Small steps make a big difference! ♥



🏆 **Well done!**

Every time I listen, talk, explore, practise, help a friend, try something new or have another go...

♥ I am learning. ♥

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♥ Moving, Making and Using Our Muscles ☀

WAIL – What Am I Learning?

- move with control and balance
- use our big muscles
- use our small muscles
- become stronger and more coordinated
- practise pencil and scissor skills



We are learning to...

- know that exercise keeps us healthy
- try new physical activities
- use our bodies safely
- develop control, balance and coordination
- keep going and have a go
- practise skills to help us in school and everyday life
- be independent and do things for ourselves

Stronger together! ♥



Physical Development

Big Movements – Gross Motor Skills

Gross motor skills use the large muscles in our bodies.



running



riding bikes



climbing



throwing and
catching



balancing



jumping



completing obstacle courses



using the trim trail

♥ These activities help us develop strength, balance, coordination and control. ♥

Small Movements – Fine Motor Skills

Fine motor skills use the small muscles in our hands and fingers.



peeling fruit



peeling satsumas



opening and closing
small containers



threading and
stringing



pinching, pushing,
rolling and pressing
playdough



holding and
controlling a pencil



holding and using
scissors safely



controlling a
paintbrush



making marks, patterns,
pictures and early writing

♥ Strong fingers help us with drawing, writing, cutting, dressing and everyday tasks. ♥



Ask me...

- What can your fingers do?
- Can you show me how you hold your pencil?
- Can you roll, pinch and squeeze playdough?
- Which activity makes your body feel strong?



Home Challenges

- Make a simple obstacle course.
- Throw and catch a ball together.
- Walk along a safe line or low balance.
- Ride a bike or scooter.
- Visit the park and climb, swing and move.
- Peel fruit or open a container by yourself.
- Use playdough to roll, pinch and press.
- Practise drawing, snipping and threading.



Strong bodies
and strong fingers
help bright futures! ♥



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Growing
together
brighter futures ♥