

What happens when I fall asleep?

Cygnus Class Spring Term 1 2021



Twinkle, twinkle, little star...

Why are there stars in the sky? Does everyone go to bed the same time as me? Who goes to work when I'm asleep? Which animals come out at night? Why is it important for me to sleep and rest?

It's time to find out more about night time.

During this topic the children will be introduced to the wonders of the Universe. We will learn about the planets and the stars and explore the constellations of the night sky. We will explore light and dark and create shadows with torches and shapes. Snuggling up with our favourite teddies, we will learn about bedtime routines including the importance of brushing our teeth, sing lullabies and read bedtime stories. We will explore the fascinating lives of nocturnal animals, find out about people who have to work throughout the night and learn about the hubble telescope. Getting creative, we will use junk modelling to create telescopes, use clay to make some nocturnal animals and make constellations out of battery operated tea lights. It should be a sparkling and awe inspiring topic which I am sure the children will really enjoy.

Areas of learning: Early Learning Goals	
Memorable experience	Wonders of the Universe
Innovate challenge	Constellation Creators
Communication and language	Listening and attention; Understanding; Speaking
Physical development	Moving and handling; Health and self-care
Personal, social and emotional development	Self-confidence and self-awareness; Managing feelings and behaviour; Making relationships
Literacy	Reading; Writing
Mathematics	Numbers; Shape, space and measures
Understanding the world	People and communities; The world; Technology
Expressive arts and design	Exploring and using media and materials; Being imaginative

Help your child prepare for their project

The night is all right! Why not do some stargazing together after dark, either from your garden or, even better, a rural location with minimal light pollution? There are apps you can use on your phone to help you to identify stars and constellations! You could also keep a dream diary, noting down and comparing dreams with each other. Alternatively, talk to people in your family who have worked at night. What are the similarities and differences between working in the day compared to at night?