

Year One Topic Home Learning

Last term your topic was on 'Minibeasts'. This term our topic is going to be on 'Superheroes'. We might see Superheroes in books we read or films we watch, but can you think of any superheroes that are in your community?



There are lots of superheroes in our community and the one we are going to be looking at today, is the NHS.

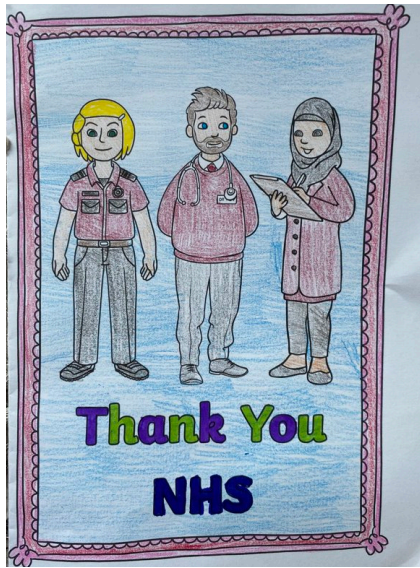
Celebrating the NHS

NHS stands for **N**ational **H**ealth **S**ervice. It began in 1948 and helps people when they are hurt or unwell.

People in the NHS
Many people work for the NHS. There are lots of jobs in the NHS. They are all needed to make sure that people are well.

Doctor Paramedic Dentist Nurse Midwife Cleaner

Here are a few ideas on how we can show our support and say thank you to the Superheroes in our community:



Thank the NHS by colouring in and writing a thank you card. You could drop this off at Nobles Hospital, or your local doctors.

Try making your own hidden magic rainbow using paper towels and a marker at:

<https://www.thebestideasforkids.com/surprise-rainbow-activities/> .



Paint your own stones to say thank you. You can collect stones from the beach or a glen near you, and leave them in your garden or outside your front door.

Superhero Mask

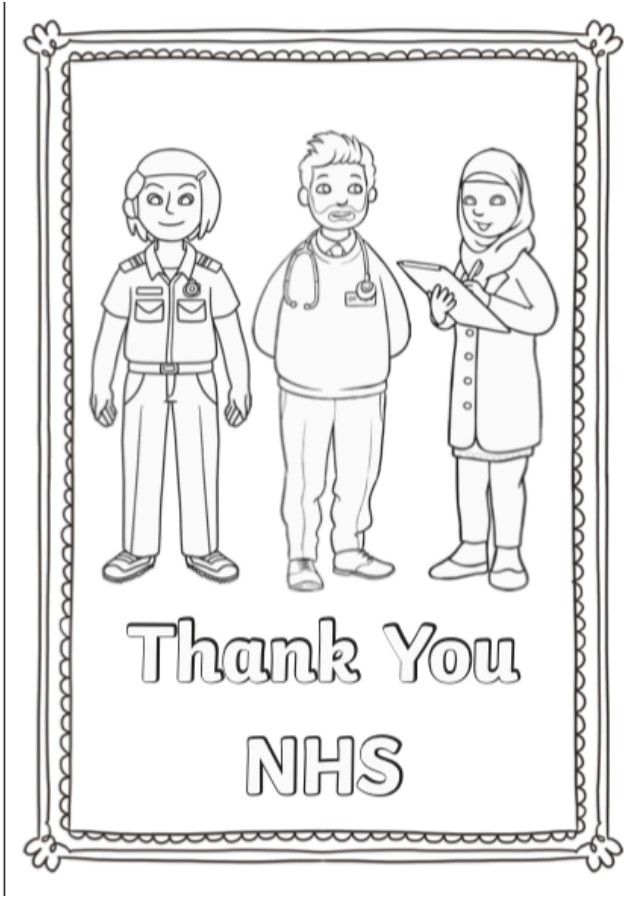
You will need:

White, round paper plate
Pencil
Blue colouring pencil/felt pen/paint and paintbrush
Thick black marker/crayon
Scissors
Ribbon or lolly stick
Sticky tape
Stapler (optional)



Create a superhero mask for an NHS worker of your choice. Look at the poster on the previous page to give you ideas on who you could make a mask for.

Below are different cards you can cut out to colour in and write on to say 'Thank You'.



twinkl visit [twinkl.com](https://www.twinkl.com)



twinkl visit [twinkl.com](https://www.twinkl.com)

Thank You For
Keeping Us Safe



Thank You to
Our NHS Staff



Below are instructions on how to make your mask. You could design your mask for an NHS worker by colouring or painting yours like a rainbow, or the colours of an NHS uniform. For example, a paramedic would be green.

Superhero Mask

You will need:

White, round paper plate

Pencil

Blue colouring pencil/felt pen/paint and paintbrush

Thick black marker/crayon

Scissors

Ribbon or lolly stick

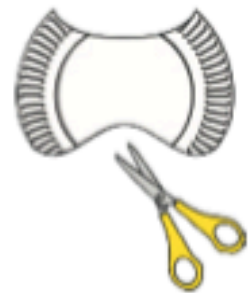
Sticky tape

Stapler (optional)

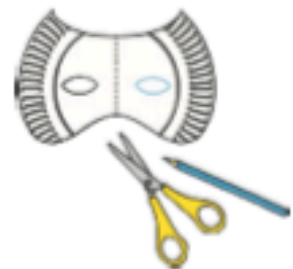


Instructions

1. First, cut the paper plate to fit your face.



2. Next, draw two sloping up eye shapes with a pencil and cut these out. You may want to fold the mask in half so the two eye shapes match.



3. Then, draw a border around the two eye shapes with a pencil, about 1cm away from the eyeholes. This space will stay white.



4. Now, colour or paint the whole mask in blue (apart from the white eye borders around the eye holes).



5. Once your mask is dry, use a thick black marker pen or crayon to mark the middle of your mask and draw straight lines (about 12) from the middle to the edges, equally spaced.



6. Then, draw the curved lines of the web design with your pen or crayon. Start at one of the straight lines and join to the next and so on, all the way around until you end up where you started. This will make a circular shape.



7. Finally, you may want to attach your mask to a lolly stick to the bottom of the mask using sticky tape. Alternatively, you could use ribbon fixed in place using sticky tape or a stapler.

