

Topic Plan Ideas – People Who Help Us

This pack contains some activity ideas for the People who Help Us topic as well as some blank forms for you to note down your own ideas.

Staring at a blank page when planning can be difficult so we hope that even if you don't end up using our exact suggestions, they will be a spark of inspiration for your own great ideas when planning for your children.

(The different sheets are outlined below so you can decide which sheets you need to print).

Ideas sheet (Colour) – p2

Ideas sheet (BW) – p3

Blank ideas headings sheet (Colour) – p4

Blank ideas headings sheet (BW) – p5

Completely blank ideas sheet (BW) – p6

Blank Prime Areas of Learning sheet (Colour) – p7

Blank Prime Areas of Learning sheet (BW) – p8

Blank Prime & Specific Areas of Learning sheet (Colour) – p9

Blank Prime & Specific Areas of Learning sheet (BW) – p10

We hope this helps!

Fine Motor

- Cut and stick objects next to correct job e.g. 'Firefighter or Dentist' ?
- 'People who help us' puzzles.

Number/Counting

- Count how many bricks in the builder's bucket.
- Match the number on the ambulance to the number under the paramedic.

Tuff Trays

- Small world emergency vehicles set up.
- Police themed fingerprint station.

Messy Play

- Toy vehicle construction site in sandpit/tray.
- Lifeguard small world set-up in water tray.



Shape/Pattern/Symmetry

- Design house using 2D shapes.
- Design house using 3D shapes.
- Use junk modelling materials that show different 3D shapes to create an emergency vehicle.

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Personal Opinions & Feelings

- 'Which person who helps us would you most like to be when you grow up? Why?'
- 'How do you think doctors, nurses, firefighters, etc feel when they help others?'

Measures

- Time - appointment times for the doctor/dentist.
- Investigate capacity using plastic syringes.



Health & Self-Care

- 'Which people help us if we feel poorly?' - mummy, daddy, carer, teacher, childminder, doctor, dentist, nurse, optometrist.
- Consider aspects of safety - road, fireworks, etc.

Nurturing Relationships

- 'Who helps you most? Who is your superhero? What do they do to help you? How do you let them know you are grateful?' - make picture/card for that person.

Gross Motor

- Physical actions like different 'people who help us' e.g. firefighter - climb a ladder (on the spot).
- Themed obstacle course e.g. pretend you are a firefighter who needs to get over all obstacles to reach burning building to save people.

Investigation

- Ask a person who helps us to come in for a talk.
- Set up investigation area with the uniform, equipment, books, etc relating to a person who helps us.

Role-Play

- Role-play challenge activities e.g. firefighter - 'unravel a hose and point at the fire.'
- Dentist
- Doctor's Surgery
- Vet clinic
- Library
- School

People Who Help Us Ideas

Mark making

- Draw &/or write about a person who has helped you recently.
- Make an identification badge e.g. Police Officer with name on.

Creativity/Art/Design

- Create thank-you cards for the people who help us.
- Create lollipop puppets of people who help us.

Relevant Books

- Emergency! - Margaret Mayo
- Busy People Books - Lucy George



Phonics/High Freq. Words

- Spot sounds &/or HFWs on word cards/mats or in texts/books about people who help us.
- Phonics detectives! Search for sound cards hidden around the setting - 'what can you find?' 'What do they say?'

Songs/Music/Poems

- Miss Polly had a dolly...
- Postman Pat
- Bob the builder



Alphabet

- Create a 'people who help us' themed alphabet line including any tools equipment that are used.
- Children role-play being a teacher teaching the alphabet to their class - sing song/point to letters.

Mindfulness

- People who help us colouring.
- Use loose parts to create the image of a person who helps you or an emergency vehicle.
- Pretend to be a doctor. Sit quietly and listen to/feel your heartbeat.

Colours

- Observe colours in various uniforms, logos & on vehicles e.g. paramedic & ambulance.
- Paint/collage/colour a fire engine red.

Science Experiments

- Pretend to be a doctor - feel pulse then do some physical activity. 'How has your pulse/body changed after doing exercise?'

Optional Home Learning

- 'What do you already know about people who help us? - talk about/write notes/draw pictures.
- Over the weekend/week look out for People who help us - people, vehicles, buildings.

Vocab & Communication

- Use small world people/objects/places of work &/or word cards/mats, displays to point out, name and talk about people who help us.
- Put uniforms on small world people. Discuss how they look and talk through the process.

Food

- Ask lunchtime supervisor to come and answer questions.
- Children role-play after the discussion.

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Shape/Pattern/Symmetry

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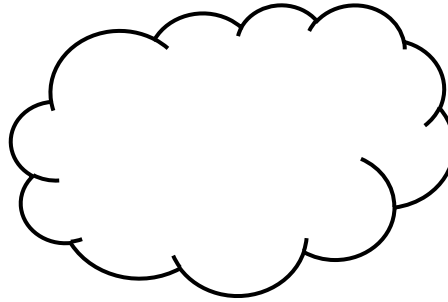
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Food

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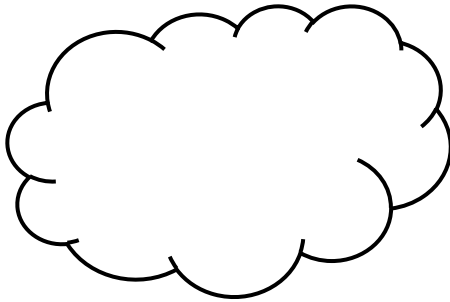
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People Who Help Us



Communication and Language

Personal, Social and Emotional Development

Physical Development

People Who Help Us

Communication and Language

Personal, Social and Emotional Development

Physical Development

Communication and Language

Personal, Social and Emotional Development

Physical Development



People Who Help Us

Literacy

Mathematics

Expressive arts and design

Understanding the world

Communication and Language

Personal, Social and Emotional Development

Physical Development

People Who Help Us

Literacy

Mathematics

Expressive arts and design

Understanding the world