

Year 1 Science – Seasonal Changes

Learning from Home Activity Booklet

Year 1 Programme of Study – Seasonal Changes

Statutory Requirements	Activity Sheet	Page Number	Notes
Observe changes across the four seasons.	The Four Seasons Cycle	3	
Observe and describe weather associated with the seasons and how day length varies.	Seasons Matching	4 & 5	

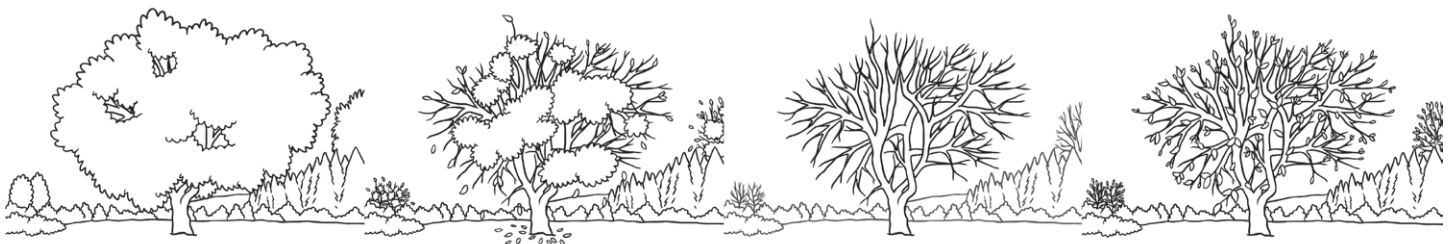
Note for parents: The main focus of science teaching in key stage 1 is to enable pupils to experience and observe things, and to look at the natural and human-made world around them. Encourage your child to be curious and ask questions about what they notice, and help them to use different methods to answer their questions, such as observing changes over time, grouping and classifying things, carrying out simple tests, and finding things out using books and the internet. Talk to your child about what they are doing and encourage them to use simple scientific language to explain their ideas to you. Most science learning should take place through first-hand, practical experiences, therefore this booklet contains some ideas for recording information but has a strong focus on practical activity as well.

You can also find activities related to the four seasons on the Year 1 Learning from Home Activity Booklet on Plants.

General Activities for Noting Seasonal Change

Note for parents: Twinkl has a set of outside activity ideas for the four seasons, which you can find at [insert hyperlink when made](#) You can also try these ideas:

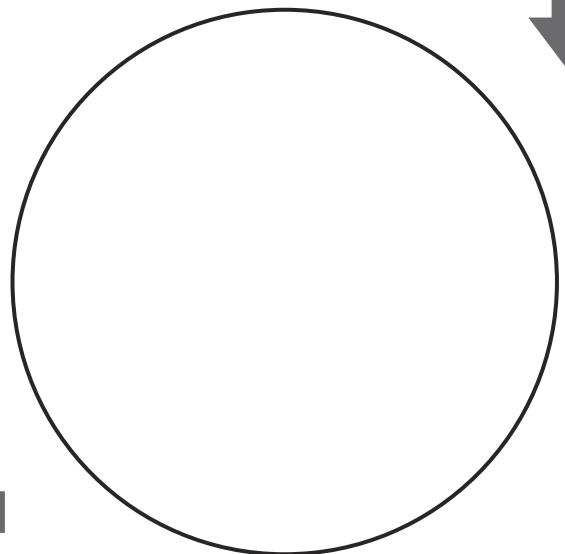
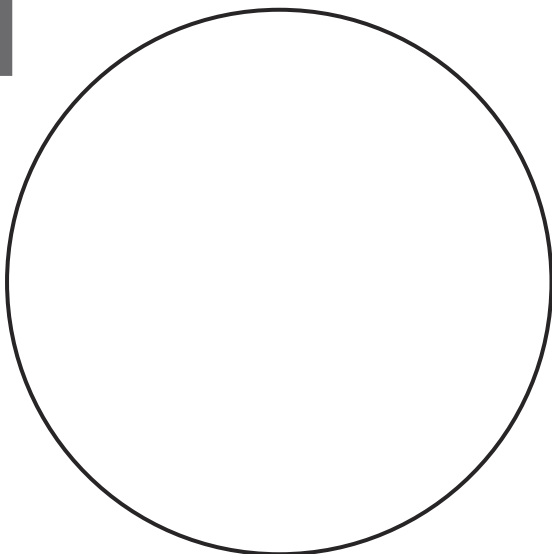
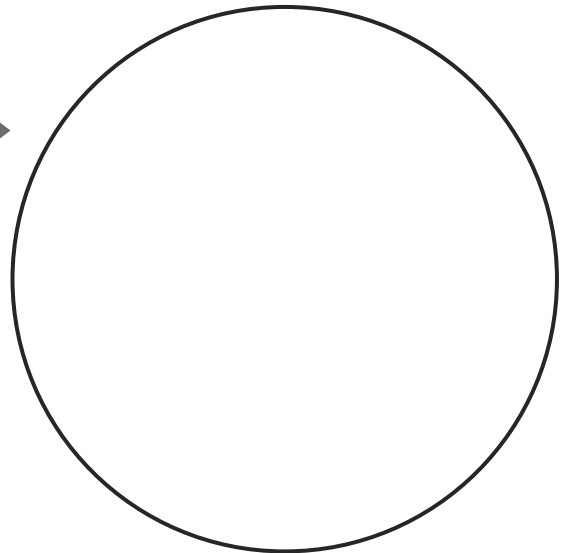
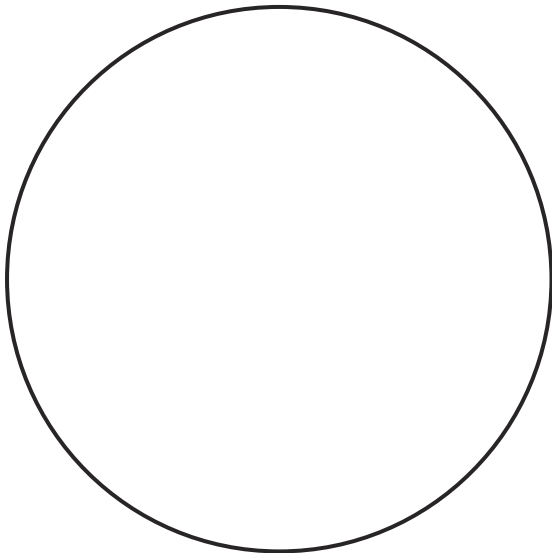
- Find a time lapse film of seasonal changes on the internet, and talk about what you can see.
- Go for walks or spend time outside on a regular basis, and talk about what you can see. Can you describe:
 - what is happening to the trees and plants around you;
 - what the weather is like;
 - what clothes you need to wear;
 - any evidence of animal activity.
- Take your child to a seasonal event, such as a lambing day at a local farm, bulb or seed planting at the garden centre, or a trip to the seaside on a sunny day.
- Go to a local pond and see if you can find frogspawn. Take a fishing net and a container (large ice cream containers are good) and see if you can look more closely at the frogspawn or even some tadpoles. Go back in a few weeks, find some more and see if anything has changed. Remind your child to be gentle and to return all wildlife carefully.
- Buy some seeds or bulbs, plant them and watch them grow. Bulbs take longer and generally need planting in autumn for a spring display; if you can't wait for this, quick-growing seeds include broad beans, cress and sunflowers.
- There are companies who will send you a butterfly hatching kit - children are sent a tub of very young caterpillars, which they can watch grow, pupate and emerge as butterflies before releasing them into the wild.
- Over the course of a year, create a scrapbook about the seasons, where you collect items such as fallen leaves, and take photographs of what you see. Once the book is complete, look at it together and discuss how things change. As the new seasons start again, refer back to the book and add to it, to give your child the idea that this is a repeating cycle.
- Observe and record the weather every day on the Weather and Season Calendar.



The Four Seasons Cycle

Note for parents: This activity follows on from a year-long collection of observations about the seasons as described above. The four seasons tree activity in the 'Plants' Learning from Home Activity Booklet [insert hyperlink when made](#) is also a great way of recording changes specific to deciduous trees.

Draw pictures in the four circles to show what happens in the four seasons. Write the name of each season under the circles in the right order!

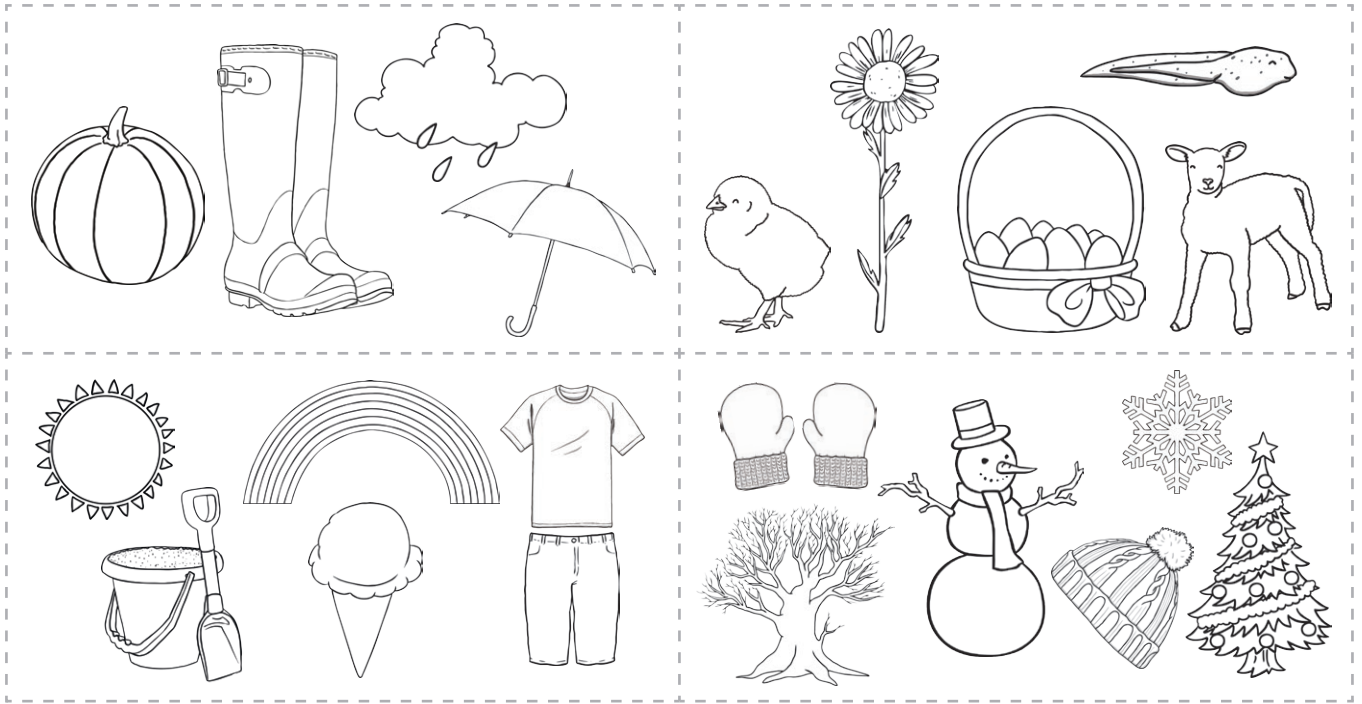


Seasons Matching

Cut out the pictures and match each one to the correct season.

Summer	Autumn
Winter	Spring

Can you think of any other things related to the seasons? Draw them too!



Exploring Day and Night

Note for parents: Another long-term activity, observing changing day length, can be tricky for young children who may not be able to tell the time. Instead, explore dark winters' nights by sharing stories and talking about light and dark. Then, in the summer, remind your child of these activities and talk about the fact that it is now still light when they go to bed.

Activities for Exploring the Dark

- Read stories about the dark. Great ones to try include 'The Owl Who Was Afraid of the Dark' by Jill Tomlinson, 'Can't You Sleep, Little Bear?' by Martin Waddell, and 'I Want My Light On' by Tony Ross.
- If it is safe to do so, go on a walk at night time. Take a torch and talk about how we need light to help us to see.
- Make a dark den inside. Get your child to think about how to exclude as much light as possible. Take torches, shiny foil, coloured cellophane or sweet wrappers into the den and let your child explore light and dark.
- Talk about the sun, and what happens to it at night. Use a globe to demonstrate the rotation of the earth. Look on the globe to see where it is day when we have night.
- On a clear night, look at the stars. Research some of the constellations such as the Great Bear and Orion's Belt, and talk about why they are named as they are.
- Over the course of two to four weeks, observe the changing shape of the moon. Record it by drawing round a 2p piece and getting your child to draw and shade in the shape of the moon.

