

## The Squirrels' Class online timetable week 1

[Week 1 Welcome video with Hemisha](#)

### Key Learning Intentions for this week

- To be able to count up to 5.
- To be able to recall events from the holiday.
- To be able to develop fine motor skills through threading.
- To be able to show an understanding of different emotions/ feelings.
- To be able to understand the importance and job of a doctor.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Morning</b>				
<p><b>Maths</b> <b>Number</b></p>  <p>This morning the Squirrels' class will be counting out numbers and try to recognise them.</p>	<p><b>Physical Development</b> <b><a href="#">PE with Coach Marc</a></b></p> <p>I wonder what you will be doing during your PE session today. Remember to drink lots of water. Try to do some stretches before the activity. Can you touch your toes? Can you reach the sky? Can you do 5 star jumps? Don't forget to count each jump!</p>	<p><b>Personal, social and emotional development</b> <b>Wellbeing</b></p> <p>Wellbeing is important at all ages. For today's wellbeing activity, we will be encouraging the children to be active.</p> <p>To begin, encourage the children to take 5 deep breaths and sit comfortably on the floor.</p>	<p><b>Literacy</b> <b>Fine motor skills</b></p>  <p>Today we are going to create our own shaving foam marks. Shaving foam, mark making</p>	<p><b>Understanding the world</b> <b>Science</b></p> <p>The children will be exploring the difference between dry and wet textures.</p> <p><b>What you will need:</b></p> <ul style="list-style-type: none"> <li>- Cornflour</li> <li>- Water</li> <li>- Tray</li> <li>- Spoon</li> </ul> <p><b>Activity:</b></p>

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### Activity:

We could encourage the children to count their fingers 1-5. Ask children to show you 5 fingers and put one finger down for each number.

### Key vocabulary/questions:

- Numbers
- Counting
- 1, 2, 3, 4, 5
- Can you show me 3 fingers?
- Can you count to 4?

### Expressive arts and Design

#### Creative Movements

It's Harriet time! I wonder what story you will be enjoying today!

Make sure you clear an area so you do not bump into anything around you.



### Expressive arts and design

#### Specific drawing



Today the Squirrels' class will be focusing on drawing an animal from the story call 'Dear Zoo'.

Preferably, with their legs crossed.

Remember to clear some space, so that you do not bump into anything. Wear comfortable clothing too.

Key vocabulary and questions:

- Stretch
- Yoga
- Can you copy the yoga pose?

We could demonstrate and encourage children to do the poses.

Let's start with the elephant pose. Can you stand with your legs wide apart and bend down. Say "I have a strong body".



activities is one of the most fun and exciting activities where children can practise making marks and exploring with different textures.

### You will need:

- Shaving foam
- Plate/tray
- Pencil

### Activity:

Begin by talking to the children about the shaving foam. Encourage the children to touch and explore the foam, before spraying some in a tray. You can then spread the shaving foam and demonstrate how to make marks in the shaving foam. Encourage the children to do the same. Encourage the children to make different lines, vertical and horizontal.

We will begin by talking to the children about the two textures that we will be focusing on today. These are dry and wet. Show the children some cornflour in a bowl, explaining that the texture of the flour is dry. Encourage the children to explore the flour by touch. Then, support the children to slowly add little bits of water at a time. The cornflour will mix into a gloop like consistency. Provide the children with different tools to explore the cornflour gloop.

For more click here for [Extra ideas!](#)  
**Key vocabulary and questions:**

- Gloop

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### Expressive Arts and Design

#### Music



It's Janie time! I wonder what music you will be enjoying today!

Remember to encourage the children to practise singing the new songs with the family or friends.

#### **What you will need:**

- Paper
- Pencil
- Colour pencils

Firstly, we could read the story 'Dear Zoo'. If you do not have the story, [here](#) for the online version. Support the children to name each animal. Ask them which animal they would like to have as a pet.

Now, encourage your child to draw one of the animals from the story. Show them a picture of the animal, that why have chosen.

We could support the children observing the picture for details and draw their animal. When they have done their drawing, encourage the children to use colour pencils to colour the picture. Support the children to hold the pencil correctly.

Next try the crocodile pose. This is also known as the plank. Lay on your tummy and lift up with your arms. Say "I am calm".



The next pose is called the tiger pose. This is also known as the cat pose. Crawl on your hands and knees, lift your back up. Say, "I am brave".



Next, let's try the cow pose. Crawl on your hands and knees. Say "I am kind".

You can also encourage your child to make zig zag and wiggly lines. Demonstrate to the children so that they can copy the marks.

#### **Key questions:**

- Can you draw a straight line?
- Can you make a wiggly line?
- Mark making
- Shaving foam
- Soft and fluffy
- Sticky and slimy
- How does the shaving foam feel?
- Can you spread the shaving foam around?

### Expressive Arts and Design

#### **Art Tech**

This Art technique activity will be teaching the children to practise

- Dry
- Wet
- Texture
- Feeling
- Touch
- How does the gloop feel?
- Is the gloop wet or dry?
- What do you think will happen when we add the water?

### A Simple Slime Recipe



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### Communication and language

#### Read a book together.

Choose a story of your choice. Use the pictures to encourage the children to tell their own version of the story.



Plenary- Create your own ending to the stories that you read and encourage the children to answer the question- "What do you think will happen next?"

#### Key vocabulary:

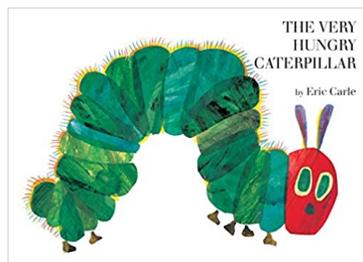
- Story
- Book
- Character
- Pages
- Spine

### Physical Development

This is encouraged with their thumb and first two fingers.

### Communication and Language

#### Story time



Today we will be reading "The very hungry caterpillar".

If you have the story at home, please read this together.

If you do not have the story, please click [here](#) to see the story.

Before you begin, please make sure;

1. You are sitting on your bottoms.



Let's start with the turtle pose. This is also known as the child's pose. Can you sit on your knees and then bend forward to rest your forehead. Say "I am patient"



### Physical development

#### Outdoor play

Take some time to go for a walk or to a park. Talk to the children about the sun rays and how they create shadows. Explain to children that a shadow is a dark shape that is formed when an object blocks a source of

making circles on kitchen foil, using paint.



#### What you will need:

- Paint
- Kitchen foil
- Paint brush

#### Activity:

Today we are going to lay out a large piece of foil. Demonstrate to the children how to hold the paintbrush. Next, demonstrate how to draw circle marks. Discuss with the children what type of marks you are making. Challenge the Squirrels' class to imitate the circle marks. Encourage the



### Personal, social and emotional development

#### Role play

Today we are going to be doctors and nurses.

#### What you will need:

- Teddies/ dolls
- Clean bandages
- Toy doctor's equipment
- Doctors coat
- Clipboard with paper
- Pencil

#### Activity:

Begin by talking about the importance of having a doctor. Ask the children what they think a doctor does and why they need to

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#### PE with coach Marc

I wonder what you will be doing during your PE session today.

Remember to drink lots of water.



#### Personal, social and emotional development

##### Small world



2. Your hands on your laps.
3. Your listening ears are turned on.

#### **Key vocabulary/ questions:**

- Hungry, caterpillar,
- Butterfly
- 1, 2, 3, 4, 5
- Days of the week
- Naming the different fruits together
- What did the tiny egg turn into?
- Can you name some food that the caterpillar ate?
- What happened to the caterpillar when he came out of the cocoon?

#### **Activity:**

This activity is a hungry caterpillar themed activity to support the development of the children's fine motor skills.

What you will need:

- Tissue box

light. We should encourage children to look for shadows by starting with their own on the ground.



Then, ask the children to look for other shadows in the garden.

Plenary: you could use chalk to trace around some shadows. Do they look like the object or different?

#### **Key vocabulary:**

- Autumn
- Shadow
- Sun light
- Shade
- Tree
- Flower
- Bench
- What colour is the shadow?

children to use different colours.

#### **Key vocabulary/ questions:**

- Circle
- Painting
- Colours
- Foil painting
- Mark making
- Can you make a blue circle?
- Small
- Big

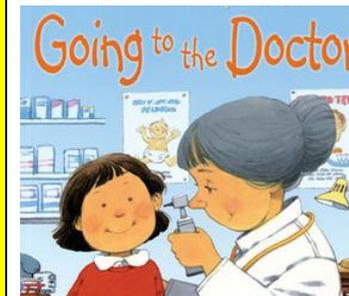
#### **Communication and Language**

#### **Rhymes time**



Today we are going to be singing 'Wind the bobbin up'.

see a doctor sometimes.



Provide the children with the resources and explain that you need them to be the doctor. Explain that the teddies/ dolls are feeling poorly and need some help to feel better. Support and guide the children during their role play. Introduce the key vocabulary too.

#### **Key vocabulary/ questions:**

- Doctor
- Help
- Bandage
- Medicine
- Sick
- Better

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<p>We will be supporting the children during this small world activity. Small world play is a great way to explore and expand on the language skills and imagination.</p> <p><b>What you will need:</b></p> <ul style="list-style-type: none"><li>- Doll house</li><li>- Small people</li></ul> <p><b>Activity:</b> We could begin by talking to the children about their family. Discuss who lives in your house and the</p>	<ul style="list-style-type: none"><li>- Green tissue paper/ paint</li><li>- Pom poms</li><li>- Scissors</li></ul> <p>Begin by creating a caterpillar on the top of the tissue box. Make sure to allow space for the pom poms to fit into the box. The pom poms could go into the mouth or belly of the caterpillar.</p>	<ul style="list-style-type: none"><li>• Can you find a shadow when the sun is not out?</li><li>• What happens to your shadow if you move your arms?</li></ul> <p><b><u>Communication and language</u></b></p> <p><b>Story time</b></p> <p>Today we will be reading "The lion who wanted Love".</p>	<p>Click <a href="#">here</a> to listen to the song, if you are not sure how the rhymes sounds.</p> <p><b>Song lyrics:</b> Wind the bobbin up Wind the bobbin up Pull, pull, clap, clap, clap Wind it back again Wind it back again Pull, pull, clap, clap, clap Point to the ceiling Point to the floor Point to the window Point to the door Clap your hands together, one, two, three</p>	<ul style="list-style-type: none"><li>• Thermometer</li><li>• Plaster</li><li>• How do the doctors help us when we are sick?</li><li>• How can I check if I am sick?</li><li>• Who do we see when we are not well?</li><li>• What do we use when we hurt ourselves?</li></ul>
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different types of rooms you have. For example, living room, dining room, bedroom, kitchen etc. Encourage children to play with the play people and imitate what they do at home. Support the children to extend their vocabulary and critical thinking by asking them key questions.

#### Key vocabulary and questions:

- House
- Friends
- Family
- Kitchen
- Bedroom
- Bathroom,
- Who cooks in the kitchen? Can you help in the kitchen?
- What is your favourite room in the house? Why?
- Where can we go to have a shower?
- Which room is for sleeping in?

Demonstrate to the children how to pick up a pom pom with your thumb and first two finger, before posting it into the tissue box.



#### Literacy

#### Mark making



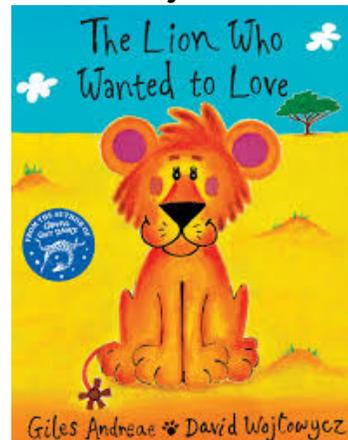
Today the Squirrels' class will be drawing a picture of their favourite holiday.

#### What you will need:

- Paper
- Pencil
- Pencil colours

If you have the story at home, please read this together.

If you do not have the story, please click [here](#) to see the story.



#### Key vocabulary/ questions to practise:

- Lion
- Zebra
- Leopard
- Elephant
- Hippopotamus
- Monkey
- Hug
- Kind
- What did Leo want to do?
- Why was Leo sad?

Put your hands upon your knee

Wind the bobbin up

Wind the bobbin up

Pull, pull, clap, clap, clap

Wind it back again

Wind it back again

Pull, pull, clap, clap, clap

Point to the ceiling

Point to the floor

Point to the window

Point to the door

Clap your hands together,

one, two, three

Put your hands upon your knee

#### Activity:



#### What you will need:

- A thin piece of cardboard and wool.
- [Bobbin template](#)

#### Physical Development

#### Motor Movers

#### Rock a Bye Baby

Rock-a-bye baby on the tree top,  
When the wind blows the cradle will rock. If the bow breaks the cradle will fall. We will catch baby cradle and all.

Sit and sing the rhyme together rocking a pretend baby backwards and forwards.

-Stand up and be a tall tree. Wave your branches in the wind. High, low, to the front and behind.

-Swing both arms from side to side stretching out as far as you can.(x3)

-Swing forwards and backwards reaching out to the front and behind. (x3)

-Stretch up high, turn around. Stop arms by

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#### **Physical Development** **Motor Movers**

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-Swing forwards and backwards reaching out to the front and behind. (x3)

-Stretch up high, turn around. Stop arms by your side and count to 3.

-Stretch up high and turn the other way. Stop arms

- Holiday photos  
We could discuss with the children what they enjoyed doing during the holidays. Show the children pictures to support the different things they did during the holiday.

Give the children the resources and encourage them to draw a picture of their favourite holiday.

During this activity, please support the children's pencil grip.

#### **Understanding the World** **Construction**



We could support the children to build their own zoo using Lego.

What you will need:

- What did Leo love doing?
- What happened to Leo when he tried to help the cheetah?



**Activity:**  
We will support the children creating their very own Leo the lion.

**What you will need:**

- Paper
- Yellow paint
- Orange paint
- Black pen
- Paint brush

Begin by looking at Leo the lion. Talk about what the lion looks like and his different features.  
Paint the one hand in yellow and print this on

#### **Activity:**

Cut out the cardboard in the shape of a bobbin. Then, demonstrate to the children how to wind up the wool. Support the children and encourage the children to wind up the wool, to create their own wool bobbins.



#### **Key vocabulary:**

Bobbin, clap, ceiling, door, hands, knees, window, floor, one, two, three, pull.

#### **Personal, Social and Emotional Development**

#### **Wellbeing**

Today the Squirrels' class will be looking at

your side and count to 3.

-Stretch up high and turn the other way. Stop arms by your side and count to 3.

Lie on your back, eyes closed. Count to 5.

#### **Expressive arts and Design**

#### **Creative Movements**

It's Harriet time! I wonder what story you will be enjoying today!

Make sure you clear an area so you do not bump into anything around you.



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<p>by your side and count to 3. Lie on your back, eyes closed. Count to 5.</p> <p><b><u>Understanding the world</u></b></p> <p><b>Science</b></p> <p>We could support the children to conduct an experiment. They will be exploring what melts in the sun.</p> <p><b>What you will need:</b></p> <ul style="list-style-type: none"><li>- A Lego block</li><li>- Ice cube</li><li>- A wooden block</li><li>- A rock</li><li>- Butter</li><li>- A cube of cheese</li><li>- A 2 pence coin</li><li>- A square of chocolate</li><li>- A cube cut off a bar of soap</li><li>- Muffin/ cupcake tray or bowls</li></ul>	<ul style="list-style-type: none"><li>- Construction blocks. (These can be Lego/ wooden blocks/ Duplo).</li></ul> <p>Begins this activity by showing the children pictures of London Zoo. Talk about the different animals they see in the zoo and how the animals are kept. Explaining that they are kept separate for safety and because different animals live in different climates/ temperatures.</p> <p>Explain to the children that they will need to build a new zoo for the animals. Encourage them to use construction blocks to build their zoo. Support your child's ideas and extend their vocabulary and understanding with key vocabulary/ questions.</p> <p><b>Key vocabulary/ questions:</b></p> <ul style="list-style-type: none"><li>- Why do we need a zookeeper?</li></ul>	<p>the paper. Turn the paper upside down and support the children to paint and draw on the different features of the lion.</p> <p><b><u>Understanding the World</u></b></p> <p><b>Water</b></p>  <p>Talk to the children about sea life creatures.</p> <p><b>What you will need:</b></p> <ul style="list-style-type: none"><li>- Bath tub/ water tray/ tuff tray</li><li>- Sea animal toys</li><li>- Shells</li><li>- Large pebbles</li><li>- Blue colouring/ paint</li></ul> <p>In the water tray put blue paint/ colour and some under the sea animals.</p>	<p>emotions. Specifically focusing on happy and sad.</p> <p><b>What you will need:</b></p> <ul style="list-style-type: none"><li>- Cardboard</li><li>- Foil</li><li>- Mirror</li><li>- Sticking materials</li><li>- Glue</li><li>- Felt pens/ paint</li></ul> <p><b>Activity:</b> We should begin by discussing with the children what makes them happy and sad. Encourage your child to use a mirror to mimic different emotions. For example, raise your eyebrows to create a shocked face, smile to show happy and frown to show sad/angry etc. Support your child by demonstrating the emotions too.</p>	<p><b><u>Expressive Arts and Design</u></b></p> <p><b><u>Music</u></b></p>  <p>It's time for music with Janie! I wonder what music you will be enjoying today.</p> <p><b><u>Physical development</u></b></p> <p><b>Pre writing skill</b></p>  <p>Bugs and Bottle Tops</p>
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#### Activity:

Begin by talking to the children about the sun and how the weather is hot and cold. Talk about your home and how it is hot or cold in different rooms. Place one of each of the different materials in the tray or bowl.



Speak to children about each product and explain that the tray will be left outside in a sunny area (or inside in the in a warm area). Ask the children to predict if they think each item will melt or stay whole. Place the tray in the chosen spot and re-visit

- Why can't the penguins and the giraffes be together?
- Which animals live in cold weather?
- Which animals live in hot weather?
- Where shall we keep the penguins?
- Can the lions and elephants be together in the zoo?
- Zoo
- Zoo keeper
- Tiger
- Lion
- Elephant
- Monkey
- Giraffe
- Snake
- Ticket

#### Expressive Arts and Design

##### Painting circles

This morning the Squirrels' class are learning to paint circles using different techniques.

#### What you will need:

- Paint

Encourage your child to explore and describe the animal. Name the animals that they may not know.

#### Key vocabulary:

- Sea animal
- Under the water
- Big
- Small
- Where do you think all these animals live?
- How do the animals feel?
- How many legs do they have?
- Can you move like a fish?

#### Physical development

##### Ball games



This activity will focus on children's hand-eye coordination skills and concentration skills. This



Next, we are going to create your own mirror. Use the cardboard to cut it out into a rectangle shape, or a shape of your child's choice. Encourage children to decorate the frame of the mirror and put foil in the middle as a mirror.

Plenary: use felt pens and paper to make a circle for a face and encourage children to draw their emotion. You can stick this on their crafted mirror or keep it as a separate picture.

#### Key vocabulary/questions:

- Can you tell me the colour of your hair and eyes?
- What makes you happy?

This afternoon we will be supporting the children to develop their fine motor skills. This will be done through a pinch and grip activity.

#### Resources needed:

- Bottle tops
- Any play insects
- Tongs or clothes pegs

#### Activity:

If you do not have colourful bottle tops you can paint them. Begin by demonstrating to your child, how to use their tripod grip to hold the tong or peg. Support them to pick up the insect and place it in the correct corresponding bottle top.

Whilst your child is picking up the insect encourage them to tell you the colour they have picked. Reinforce colours and practise

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the tray after a short while. (Once the ice has melted). Go through each item and talk about the changes. Use the key vocabulary and discuss the children's predictions with them.

#### Key vocabulary and questions:

- Melt, stay the same
- Experiment
- Hot and cold
- Do you think the ice will melt in the warmth?
- Which item do you think will stay the same?

- Paint brushes
- Paper
- Q-tips
- Pencil



#### Activity:

Begin by demonstrating how to draw a circle with your child. Then encourage your children to draw one independently.

Next, give the children different colour paints. Encourage the children to paint their first circle using paintbrush. Then use Q-tips to paint thinner circles. Talk to the children about large and small circles.

#### Key vocabulary/ questions:

- Large
- Small
- Circle
- Red

is also a great way to support the development of large movements.

The aim of this game is to encourage your child to concentrate on the ball and try to catch it. Then roll it back to you. Ask them to count how many times they can catch the ball.

You can make this game challenging, ask your child to move a step back every time they catch the ball.

#### Target throwing



This activity is great for the Squirrels' children to practise their throwing skills.

- Happy, sad, surprised

#### Communication and Language

#### It's Puppet Show Time



We will be supporting the children to create their own puppet show.

#### What you will need:

- Cardboard
- Glue
- Paint
- Tissue paper
- Any recyclable materials you have
- Puppets/ soft toys
- Toys

#### Activity

Begin by introducing the activity. Provide the materials to the children

their number when they are picking up the insect.

#### Key vocabulary and questions:

- Pinch and grip
- Can you grab a yellow insect?
- Colours
- Minibeasts

#### Arts and Design challenge

For this activity we will be providing the children materials to create their own paper plate animal.

#### What you will need:

- Paper plates
- Paint
- Paint brushes
- Colour tissue paper
- Paper plate instructions

Begin this activity by discussing different safari animals with the

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	<ul style="list-style-type: none"><li>- Yellow</li><li>- Orange</li><li>- Green</li><li>- Blue</li><li>- Purple</li><li>- Painting</li><li>- Can you paint a small circle?</li><li>- Can you draw a large circle?</li></ul>	<p><b>What you need:</b></p> <ul style="list-style-type: none"><li>- Plastic balls</li><li>- Basket x3</li></ul> <p><b>Activity:</b> You will need a basket filled with all the plastic balls. Then, place the other 2 baskets on the opposite side of where your child is standing. Make sure the baskets are less than 2 children feet distance. Then, encourage your child to throw the balls in the basket.</p> <p><b>Key words/ vocabulary:</b></p> <ul style="list-style-type: none"><li>- Throwing</li><li>- Rolling</li><li>- Can you throw three balls into the basket?</li><li>- Can you roll the ball, on the floor to me?</li></ul>	<p>to create their own frame. Cut out a large rectangle with a gap in the middle for the show. Support the children to decorate their frame. Place the frame on a table once it is done and demonstrate a story to the children, using props. Then, encourage the children to create their own story or tell a story of their choice from memory. At the end of the puppet show, ask the children some open-ended questions. This will support the development of children's language skills.</p> <p><b>Key questions/ vocabulary:</b></p> <ul style="list-style-type: none"><li>- What are your characters names?</li><li>- What is your favourite part of the story?</li><li>- Puppet show</li><li>- Character</li></ul>	<p>children. Ask your child which animal they like the best and why. Talk about the different features of the animal of choice, explaining that the children will be creating their own.</p> <p>Follow the instructions for a giraffe and an elephant. Use these instructions to create these animals or as a basic guide to create your own animal.</p>  <p>Please find some ideas <a href="#">here</a>.</p> <p><b>Key vocabulary/ questions:</b></p> <ul style="list-style-type: none"><li>- What animal do you like the best?</li></ul>
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#### **Physical development** **Pre-writing skills**



This activity is good for children to focus on their hand eye co-ordination and the development of their fine motor skills.

#### **What you will need:**

- Large beads
- Laces

#### **Activity:**

Begin by demonstrating to the children, how to place their threading lace through the beads. Explain to children that they will need to focus on the hole and take their time to place it inside. Then, demonstrate and support the children to pull the threading lace from the other side.

- Beginning of the story.
- End of the story.
- What do you think will happen at the end of the story?
- Puppets
- Stage
- Story

- What colour is your animal?
- How many eyes does your animal have?
- Is your animal big or small?
- How do you think we could make the animal's ears?
- Safari
- Creating
- Paint
- Stick
- Cutting

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Encourage the children to thread multiple beads, to create a necklace or bracelet. Ask the children to count the beads, remembering to support them counting 0-3 and 0-5 if they are able.

**Key vocabulary:**

- Threading
- Beads
- Pull
- Lace
- How many beads do you have on the lace?
- Can you make a long necklace?
- Can you thread 3 beads?

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