Thursday 7th May

Dear Parents and Carers,

Here are today’s activities.

**Exercise:** Another Andy’s Wild Workouts to try, this time on the African Savannah

<https://www.bbc.co.uk/iplayer/episode/p06tmn8z/andys-wild-workouts-series-1-2-african-savannah>

**Storytime:** Today’s story is all about the different feelings you might experience..

How do you feel? By Anthony Browne (please note this one is not on YouTube kids)

<https://www.youtube.com/watch?v=kILR7wfi-X4>

**Dance time:** Here is another compilation by Debbie Doo, including some well known songs

[**https://www.youtubekids.com/watch?v=Bi0mX4bSlew&hl=en-GB**](https://www.youtubekids.com/watch?v=Bi0mX4bSlew&hl=en-GB)

**Drawing/mark making:** Paint to music: Give your child any selection of materials and colours, put on some music and see what they come up with. It could be pencils, paint or crayons. if you are doing it through your phone/tablet it is better not to show the screen and Classical music is best, as words and screen can be distracting. Here are some suggestions of music we have tried at nursery:

* The Planets – Holst
* Music for the Royal Fireworks (Handel)
* Movie theme tunes, for example, Pirates of the Caribbean, Harry Potter, Batman
* Carnival of the Animals – Saint-Saens

**Mindfulness activity:** Blow on a pinwheel.

A pinwheel is a wheel attached to a stick or a straw, it rotas in the wind or when you blow it. You can practise your breathing by blowing the wheel around.

You can often find these in the pound shop, but there are instructions to make your own here:

<https://www.thesprucecrafts.com/simple-paper-pinwheel-craft-1250766>

However, if you cannot find or make one, why not use a leaf or a piece of toilet paper and place it on your hand, see how high or how far you can blow it.

**Activity of the day:**  Hide some thing in a little box, this could be a rice cracker or a small toy. Small boxes can be tricky to for little fingers to open. You could use Tupperware just wrap it in tissue so it is still a surprise.

From all of the staff at Tunstall