Monday 11th May

Dear Parents and Carers,

We hope you had a good weekend. Here are today’s activities.

**Exercise:** Children love to race, each other, you or even themselves. So today why not set up a race. Use a chalk line or a jumper to mark the start and the finish; it can be from one tree to the next or in a circle around your garden.

Sometimes getting siblings to race can cause problems, due to feelings of rivalry and difference in sizes. Instead why not let them race you, and make sure they win sometimes or use the stop watch feature on your phone to time them individually, so they are trying to beat their own time. Or let them just run the race for the fun of it!

**Storytime:** Today there are two stories, that both show how we behaviour to others can affect how they behaviour to us (please these are is not on YouTube kids)

How full is your Bucket? By Tim Roth and Mary Reckmeyer

<https://www.youtube.com/watch?v=A5R6-2m_qHk>

The Bad Tempered Ladybird by Eric Carle

<https://www.youtube.com/watch?v=CFMaEVfntnM>

**Dance time:** Ask your child what song they want and enter it onto YouTube kids or Spotify and have a dance party. You can even shut the curtains and put lamps on to make it feel like a special party and do the silliest dancing you can think of!

**Drawing/mark making:** Leave some paper somewhere your child will see them with a packet of crayons or a box of pencils. Make no suggestions or even encouragement, just leave them out as an ‘invite’ and see what they do.

**Mindfulness activity: Shark fin** – this is how I use to help my children get to sleep, although with just a gentle finger!

* Place the side of your hand on your forehead, with your palm facing out to the side.
* Close your eyes.
* Slide your hand down your face, in front of your nose.
* Say “shhh” as you slide your hand down your face
* If you are sitting down, you do the 5 Ss’ while you move your hand: Sit up straight, sit still, sit silently, soft breathing, shut eyes.
* If you are standing do the same but you are standing straight, still, silently, using soft breathing and shut eyes while you move your hand down your face.

**Activity of the day:**  Target practice

Put some pictures up (it could be letters of their name or numbers if your child is beginning to recognise these) on a washing line, a wall or a fence or even a piece of string tied between two chairs. Then use anything you have to through targets at particular picture, number or letter. You could use balls, a surf gun, cotton wool balls, water pistil or scrunched up newspaper, depending on what you have and if you are doing it outside or inside.

For more information you can look on the Five Minute Mum website:

* <https://fiveminutemum.com/2018/04/16/the-target-practise/>

From all of the staff at Tunstall