Tuesday 12th May

Dear Parents and Carers,

We hope you are all well, here are today’s activities.

**Exercise:** Try another of Andy’s Wild workouts – this time at night-time

<https://www.bbc.co.uk/iplayer/episode/p06tmnby/andys-wild-workouts-series-1-5-night-time>

**Storytime:** While you have been at home, nursery has had a visitor, the tiger ate all our food and water. Show your child the photo attached to this email and then read the story of ‘The Tiger Who Came to Tea’ by Judith Kerr

<https://www.youtube.com/watch?v=BXgW9UCgpc8>

**Dance time:** We have had some of these before, but here are a few of our favourite songs from nursery.

* Debbie Doo’s The Twist <https://www.youtubekids.com/watch?v=KR2pvbZDhuY&hl=en-GB>
* Let it Go (John Jacobson) – this one is not on YouTube kids

<https://www.youtube.com/watch?v=jV2L2SZWsnc>

* A Ram Sam Sam Dance – this one is not on YouTube kids <https://www.youtube.com/watch?v=zBttxAMxaXE>
* Freeze Dance <https://www.youtubekids.com/watch?v=2UcZWXvgMZE&hl=en-GB>
* Elephants have wrinkles <https://www.youtubekids.com/watch?v=KJonGSbUWXE&hl=en-GB>

**Drawing/mark making:** Wheel and roller paint

Instead of using a paintbrush today, look around and see if you have something that rolls, for example a small ball, a toy car or a small roller. If you do not have anything that rolls then try any small animals, dinosaurs or people plastic toys make good prints

**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:**

Make the tiger come to your house!

First check your smartphone can support AR. Samsung phones from the Galaxy S8, iPhones from the 6S and upwards, as well as all Google Pixel phones have the function.

On your smartphone, type in tiger into Google search engine and look for the knowledge box inviting you to see the tiger in 3D . Watch out: it does bring the animal up almost full-size so make sure to shrink it down to fit in the space.

Play around taking photos with the tiger with your child or let your child take a photo.

There are other animals available too, including alligator, angler fish, bear, cat, hedgehog, duck, eagle, emperor penguin, giant panda, horse, macaw, snake, shark turtle, wolf.

From all of the staff at Tunstall