Wednesday 13th May

Dear Parents and Carers,

Here are today’s suggested activities.

**Exercise:** Another cosmic yoga to stretch whilst listening to a sorry. This time it is called Popcorn and the Pirates.

<https://www.youtubekids.com/watch?v=T_0P5grVoyg&hl=en-GB>

**Storytime:** Today ‘There’s a Tiger in the Garden!’ by Lizzie Stewart read by Tom Hardy on iPlayer:

<https://www.bbc.co.uk/iplayer/episode/m000hqz3/cbeebies-bedtime-stories-751-tom-hardy-theres-a-tiger-in-the-garden>

**Dance time:** Have you got Spotify, it is free to use (although you can pay and have it without ads) there are lots of different types of music on there. Some of our favourites are:

* The Duck Song
* The Yellow Submarine
* The octopuses Garden
* Me Mother Caught a Flea

**Drawing/mark making:** Watercolour resistant – draw a picture or a pattern in crayon. Then use watercolour paint to go over this in different colours and see how the paint moves from the crayons.

You can get pallets of watercolours quite cheaply in the pound shop or the supermarket. You can also make your own, by adding a few drops of food colouring to a little bit of water.

**Mindfulness activity: Mindful steps** – This activity is best completed barefoot, you could do this outdoors, weather permitting.

* Allow your child to choose where they can walk in a line for about 5 or 6 steps and back then back to where they started (without getting into each others’ way if you are doing it with 2 or more).
* Begin this practice with three deep breaths, or the Shark Fin activity (from yesterday).
* Take 5 or 6 steps in one direction, turn slowly and then take 5 or 6 steps back to where you started.
* While walking, bring your child’s awareness to their breath and their body and ask  
  – What does the ground feel like under your feet?

**Activity of the day:**  Have a tea party with a tiger! When you have your lunch today why not invite one of your stuffed teddies or plastic animals to have tea with you. Or you can set up a tea party with play food with your teddies.

From all of the staff at Tunstall