Thursday 14th May

Dear Parents and Carers,

Here are today’s suggested activities.

**Exercise:** Try the animal exercises in the photo 1 attached, it suggests setting a timer, I would just do the ones that interest your child for as long as they are enjoying it for.

**Storytime:** Today’s story is Mr Tiger Goes Wild by Peter Brown (please note the link is not on YouTube kids):

* <https://www.youtube.com/watch?v=H0Ft8sbaoVw>

You can read 10 tiger facts here

* <https://www.natgeokids.com/uk/discover/animals/general-animals/10-tiger-facts/>

**Dance time:** Have a yoga dance party!

<https://www.youtubekids.com/watch?v=PSgZl8f5leU&hl=en-GB>

**Drawing/mark making:** Tape shapes

You can do this on a large scale using the pavement/ground with chalk or smaller on a piece of paper, with chalk, crayons or coloured pencil. Use masking tape to mark of shapes on the floor. Then colour in the shapes, see photo 2 for inspiration.

**Mindfulness activity: Mindful smelling** –

Take a bunch of delicious smelling things from around home – candles, fresh herbs, flowers, fruit, vanilla, cinnamon, grass – anything – and invite them to breathe in the smell and to feel what happens in their body as they do that.

Spend some time exploring the different smiles, ask them what they think it smells like, model the sentences suggested. (‘The cinnamon reminds me of Christmas,’ or maybe ‘The lavender makes me feel sleepy.’) Or see if they close their eyes if they can tell which one they can smell.

**Activity of the day:**

Junk modelling is great for creativity and allowing children to make things with what we have in the house. Sometimes it might be simply letting them explore how different sizes and shaped boxes fit or balance together, using glue or tape to fix them. At other times we might help them to produce something that a final ‘shape/object’ they want to make. Follow your child’s lead and help support them with new skills, but allow them to explore too.

From all of the staff at Tunstall