Friday 15h May

Dear Parents and Carers,

Here are today’s suggested activities.

**Exercise:** Try this 5-minute workout with Joe Wicks

<https://www.youtubekids.com/watch?v=u0_1QBQ8Syk&hl=en-GB>

**Storytime:** Today’s story is Never Tickle a Tiger by Pamela Butchart and Marc Boutaavant (please note the link is not on YouTube kids):

<https://www.youtube.com/watch?v=ZnwfnV0X778>

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

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

**Drawing/mark making:** **Body trace**

Young children love exploring their bodies, and this is a simple way they can draw a self-portrait. Use some large paper, or flatten box or outside on the ground and draw around their body or let them draw around you. Then use paint, pencils, felt-tips or chalk to fill in and decorate themselves. Check out the artful parent website for ideas.

<https://artfulparent.com/body-tracing-activity-for-kids/>

**Mindfulness activity: Safari** –

Young children often initiate this activity. Go outside to the garden, street or park. Explain you are going on a safari, looking for any animal that crawls, flies or walks. Let them know that they have to be quiet and alert, with their hearing, feeling and seeing super-senses switched on so they can discover tiny wild beasts that the world may or may not have seen before.

**Activity of the day:**

We have seen how many of you are enjoying cooking over lockdown. Here is a very simple recipe to try with you child.

**You will need:**

* Bananas
* Chocolate buttons
* Tin foil
* Knife

**Method:**

Make a slit in the bananas and put chocolate buttons into the whole.

Wrap the bananas in foil.

Place in a preheated oven at 200C/180C fan/gas 6 for 25 minutes or on a BBQ for 15 minutes, until the bananas are black

From all of the staff at Tunstall