Monday 18h May

Dear Parents and Carers,

Here are today’s suggested activities.

**Exercise:** Try this 10-minute workout inspired by Disney’s Incredibles 2, if this one does not inspire you there are plenty to choose from.

<https://www.nhs.uk/10-minute-shake-up/shake-ups/jack-jacks-super-shapes>

**Storytime:** This week our activities will be loosely based around the story of Little Red Hen (please note the link is not on YouTube kids):

<https://www.youtube.com/watch?v=yclc22I4Zxk>

**Dance time:** We have had this before – it is the free music CD on audible, it is good to listen to the same one again and again as your child will learn the words.

<https://stories.audible.com/pdp/B008SEGV8U?ref=adbl_ent_anon_ds_pdp_pc_pg-1-cntr-0-6>

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

Puffy paint, is so much fun! There are recipes for ones that use flour online (put puffy paint into Google or try this one <https://artfulparent.com/microwave-puffy-paint/> ), but if flour feels too precious try this one:

* ¼ cup of washable PVA glue
* food colouring
* Heaping ¼ cup shaving cream from an aerosol can
* Ziploc bag

Method:

1. Put all the ingredients (except the shaving foam) into a mixing bowl and mix well
2. Add the shaving foam and gentle fold
3. Spoon the buffy paint into a Ziploc bag, seal and cut the corner of the bag.
4. Have your child squeeze the bag so that the paint comes out of the cut corner, This paint has a high moisture content, so you might want to use cardboard or thicker paper if you can
5. Allow the paint to dry for 24 hours.

<https://artfulparent.com/diy-puffy-paint-for-kids/>

**Mindfulness activity: Balloon meditation** –

1. Ask them to think of their favourite colour and picture a giant balloon of that colour in their mind.
2. Then have them take a slow, deep inhale through the nose, filling up their tummies with air as if trying to blow up a giant [their favourite colour] balloon. As an option, you can also have them stretch their arms open and overhead to represent expansion and the big balloon.
3. When their balloon is totally full, have them hold their breath at the top, and then you can “pop the balloon” for them (gesture finger to belly) and they can fall down as they exhale.

**Activity of the day:**

Draw a picture from the story – it can be of a favourite character or retelling part of the story. Remember follow their level of drawing so it doesn’t matter if it does not look what they say it is, but that we value their effort and accept what they say it is.

From all of the staff at Tunstall