Tuesday 19h May

Dear Parents and Carers,

Here are today’s suggested activities.

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

<https://www.nhs.uk/10-minute-shake-up/shake-ups/eye-on-olaf>

**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=JdvJZD-cplg>

Today is a little different from yesterday, it is told by Pie Corbett – can you join in with any of it?

**Dance time:** Here are some links to Debbie Do songs, to dance too:

<https://www.youtubekids.com/watch?v=KR2pvbZDhuY&hl=en-GB>

<https://www.youtubekids.com/watch?v=Qgq8nZqYNmE&hl=en-GB>

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

<https://www.youtubekids.com/watch?v=EAPmy1SxDdQ&hl=en-GB>

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

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

Have tried finger painting? Put some paint out and use just your fingers to paint a picture.

Careful – your child might end up using their whole hand, so do it somewhere close to a sink and easy to clean!

**Mindfulness activity: Bubble breathing** –

 Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.

You can do this with real bubble mixture if you have some, it will help younger children to focus.

**Activity of the day:**

Act out the story, use either different toys to help, or do the actions like Pie Corbett or be different characters as you act the story.

From all of the staff at Tunstall