Wednesday 20th May

Dear Parents and Carers,

Wow what lovely weather we are having – we hope you are able to enjoy the sunshine!

**Exercise:** Try this 10-minute workout ‘Shake and Break’ <https://www.youtube.com/watch?v=uonqN4OTJW0>

**Storytime:** Today’s story is Splat the Cat by Rob Scotton, all about a cat who is feeling nervous about school:

<https://www.youtube.com/watch?v=UB5ZGYAm5mU>

**Dance time:** Here are some of Jack Hartmann’s songs, to dance to today:

<https://www.youtubekids.com/watch?v=_MVzXKfr6e8&hl=en-GB>

<https://www.youtubekids.com/watch?v=uf0uKmKwnKs&hl=en-GB>

<https://www.youtubekids.com/watch?v=0TgLtF3PMOc&hl=en-GB>

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

**Drawing/mark making:**

Use a large roll of paper (newspaper, open cardboard box or wrapping paper), lay it on the floor to draw on. Follow your child’s interest and let them free draw with felt-tips or pencils. Or you could combine it with some small world animals, for example draw a landscape for your dinosaurs.

**Mindfulness activity: Bumblebee breathing**

Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.

**Activity of the day:**  Make a band

Collect together any toy musical instruments that you have at home or things that can be used for a musical instrument, for example a saucepan and a wooden spoon and or a container with a lid which you can put something in that makes some noise for example some pasta or rice. Sing your favourite nursery rhymes while you play your instruments – working and playing together is fun!

From all of the staff at Tunstall