Thursday 21st May

Dear Parents and Carers,

We hope you are all safe and well, here are today’s activities.

**Exercise:** Here is another of Andy’s Wild Workouts – this time all based on desert animals.

<https://www.bbc.co.uk/iplayer/episode/p06tmry0/andys-wild-workouts-series-1-8-deserts>

**Storytime:** Today’s story is Hug me by Simona Ciraolo, read by Tom Hardy on iPlayer:

<https://www.bbc.co.uk/iplayer/episode/m000hqxy/cbeebies-bedtime-stories-749-tom-hardy-hug-me>

**Dance time:** We do this at nursery everyday, here are a few of our favourite songs:

* Shake your sillies out: <https://www.youtubekids.com/watch?v=NwT5oX_mqS0&hl=en-GB>
* The germs song, wash your hands: <https://www.youtubekids.com/watch?v=LaePayB_pC4&hl=en-GB>
* Hop little bunnies: <https://www.youtubekids.com/watch?v=BHcFQ9gaMF4&hl=en-GB>
* Zoom zoom we are going to moon: <https://www.youtubekids.com/watch?v=DEHBrmZxAf8&hl=en-GB>

**Drawing/mark making:**

The summer is beginning to creep up, why not bring some flowers inside or take your drawing outside and draw some flowers or leaves. Take some time to look at the flowers together, smell them talk about the colours, if you have a magnifying glass you use it to look closely.

**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:**  Spoon friends

If your little ones are missing their friends you can use some wooden spoons to create some of their friends, or use the spoons to make some puppets from the story of the Little Red Hen or any other favourite story. Then use the puppets to re-tell your favourite stories or make your own. You can use felt-tips to decorate them, add wool or paper for the hair.

From all of the staff at Tunstall