Monday 29th June

Dear Parents and Carers,

We hope you had a lovely weekend. This week our story focus is ‘Peace at Last’

**Exercise:**

Can pick up a pen with your toes? Put a pen or a pencil on the floor and then sit on the floor on your bottom and see if you can use your toes to pick up the pencil – it takes lots of concentration! With younger children you could lie on your tummy and stretch out your arms to reach the pencil instead.

**Storytime:** This week some of our activities will be based on ‘Peace at Last’. If you do not have a copy of the book, you can watch a short animation of it here.

<https://www.youtube.com/watch?v=gNBJ0VGOCO8>

**Dancing time:**

At nursery we have been enjoying planting and watering the plants, in the summer lots of plants are showing their flowers and beginning to grow fruit. So today all our songs are to do with gardening and growning.

* Dig, dig my garden <https://www.youtube.com/watch?v=7v4C0kxP7nk>
* Dingle Dangle scarecrow <https://www.youtube.com/results?search_query=dingle+dangle+scarecrow>
* The Farmer plants some seeds <https://www.youtube.com/watch?v=cRhGOdqWIIo>

**Drawing/mark making:**

What marks can you make outside?

You could use a stick in the soil or your train in the sand tray, if you have one. Or paintbrushes and a bucket of water.

**Mindfulness activity:** Mindful Posing

One easy way for children to dip their toes into mindfulness is through body poses. To get your kids excited, tell them that doing fun poses can help them feel strong, brave, and happy.

Have the kids go somewhere quiet and familiar, a place they feel safe. Next, tell them to try one of the following poses:

1. The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
2. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips (Karen Young, 2017).

Ask the kids how they feel after a few rounds of trying either of these poses.

**Activity of the day:**

Make a sound from the story ‘Peace at Last’ can your child guess which noise it is you are making. Now swop turns so your child makes the sound.

If your child finds it difficult you can use the book or pictures or objects as a prompt. If you do not have things from the story then choose 3 of your child’s toys, for example, a car, a toy lion and some keys. Make the sound of one of the objects ‘brrrrm brrrm’ and your child has to point to the toy that would make that noise.

Stay safe,

From all of the staff at Tunstall