Tuesday 30th June

Dear Parents and Carers,

Here are today’s activities.

**Exercise:**

Fill some normal balloons with water, take them outside and throw and catch them. How does it feel? Is it different from throwing a ball?

**Storytime:** This week some of our activities arebased on ‘Peace at Last’. Another book by the same author, Jill Murphy is ‘Whatever Next?’ If you do not have a copy of the book then it is read here:

<https://www.youtube.com/watch?v=Nn73STXrPP0>

**Dancing time:**

Here are some of our favourite songs

* Engine, engine, number 9 <https://www.youtube.com/watch?v=_8rVwsa8nSQ>
* Shake your sillies out <https://www.youtube.com/watch?v=NwT5oX_mqS0>
* Open shut them <https://www.youtube.com/watch?v=hXxHonmYz6c>
* Skeleton song <https://www.youtube.com/watch?v=Pbl4BNkAq_U>

**Drawing/mark making:**

Put a ball in a bucket of water and then throw the ball at a wall or on the floor, see what patterns it makes.

**Mindfulness activity:**

Let your feelings out with a spot of art. The choice is yours! You can draw, make a model from recycling or paint up a storm. Enjoy immersing yourself in the act of being creative – just follow your child’s interest.

**Activity of the day:**

Make an instrument out of junk modelling. For example, put some rice into a plastic pot with a lid and shake it, stretch a balloon over a tin can or put elastic bands over a tissue box. Now you can sing along to your favourite song, whilst playing your instrument.

Stay safe,

From all of the staff at Tunstall