Wednesday 1st July

Dear Parents and Carers,

Here are today’s suggestion of activities.

**Exercise:** **Musical statues**
Dance around the house, but when the music stops you have to freeze – who can stay still the longest.

 **Storytime:** This week some of our activities will be based on ‘Peace at Last’. Another book by Jill Murphy is ‘Five Minutes Peace’ you can listen to it here:

<https://www.youtube.com/watch?v=EA3blQB1psU>

**Dancing time:**

Here are some of our favourite songs

* One Little Finger <https://www.youtubekids.com/watch?v=eBVqcTEC3zQ>
* Walking Walking <https://www.youtubekids.com/watch?v=fPMjnlTEZwU>
* Five Little Ducks <https://www.youtubekids.com/watch?v=pZw9veQ76fo>
* The Bath song <https://www.youtubekids.com/watch?v=HVYXHMY7wvo>
* Do you like broccoli? <https://www.youtubekids.com/watch?v=frN3nvhIHUk>

**Drawing/mark making:**

Walk through a puddle or a tray of water and make some footprints on the ground. Compare your footprints with each other. Last week when it was hot we did this with no shoes on!

**Mindfulness activity:** Back to back breathing

We have done this before, but the more you practise the better you will be. Back to back breathing. Sit with your back touching your child’s back (or with their sibling) and breathe in deeply and breathe out at the same time.

**Activity of the day:**

Go outside and collect 5 or more natural objects that are different colours, stick them on some paper or line them up and take a picture. Which colours did you find? Which is the lightest? Which is the darkest?

Stay safe,

From all of the staff at Tunstall