Friday 3rd July

Dear Parents and Carers,

Here are today’s suggestion of activities.

**Exercise:** **Animal Races**
Some races the kids need to hop like a frog. Or run on all fours like a dog. Or maybe crawl on the ground like a lizard! Make it more fun with costumes! Which animal is fastest?

**Storytime:** Today listen to a completely different story ‘Oi dog’

<https://www.youtube.com/watch?v=8WzCjWk2mRw>

**Dancing time:**

Why not sing and act out Peace at Last to this musical version of the story.

<https://www.youtube.com/watch?v=ygaEhp2mOjE>

**Drawing/mark making:**

Put some large paper or open a large box on the floor

**Mindfulness activity:** Try Spiderman breaths, breath in, bring your fists to your chest, breathe out, slowly and stretch out your arms, shooting out webs! Here is a video to demonstrate.

<https://www.mindfulschools.org/inspiration/9373/>

**Activity of the day:**

Kim’s game – collect a 3 or more objects from around the house, it could be items related to the story – a clock, a toy plane or a toy car or it could be anything you have around. Spend a bit of time with your child looking at them and naming them, then cover them up and see which ones they can remember.

Start with less objects and build up to 5 or more.

Stay safe,

From all of the staff at Tunstall