Monday 6th July

Dear Parents and Carers,

We hope you had a lovely weekend. This week our story focus is ‘Mr Gumpy’s Outing’

**Exercise:**

Here is a cosmic yoga about keeping clean and washing to avoid those germs ‘Safeguard the handwashing soap’

<https://www.youtube.com/watch?v=5rymXdOwW68>

**Storytime:** This week some of our activities will be based on ‘Mr Gumpy’s Outing’. If you do not have a copy of the book, you can watch a reading of it here.

<https://www.youtube.com/watch?v=Mi_DV_DWN8M>

**Dancing time:**

Here are a selection of our favourite songs, you can sing and dance along to these or any of your other favourite ones.

* If you are Happy <https://www.youtubekids.com/watch?v=l4WNrvVjiTw>
* One Little Finger <https://www.youtubekids.com/watch?v=eBVqcTEC3zQ>
* Follow me <https://www.youtubekids.com/watch?v=hW2DDGX7Tcc>
* Walking in the jungle <https://www.youtubekids.com/watch?v=GoSq-yZcJ-4>
* Rain, rain go away <https://www.youtubekids.com/watch?v=Zu6o23Pu0Do>

**Drawing/mark making:**

Paint on ice – freeze some water by filling an empty plastic container, when frozen tip it onto a tray or outside. Then use your paintbrush and paints to paint the ice. What happens? Does it feel different?

**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:**

Mr Gumpy takes lots of different animals on his boat. Why not set up any animal toys you have for a boating adventure?

1. If you have some plastic boats, you could put some water in a bowl or the bath for the animals to ride in.
2. Or you could make a pretend boat on the floor with cushions and blankets, then add your animals or you teddies and go for a boat ride. Just like Mr Gumpy.

Please take a photo to show us what you did at [nursery@tunstall.croydon.sch.uk](mailto:nursery@tunstall.croydon.sch.uk)

Stay safe,

From all of the staff at Tunstall