Tuesday 7th July

Dear Parents and Carers,

Here are the ideas for today – have fun!

**Exercise:**

Today why not try Andy’s Wild Workout, here is vising beaches – maybe next time Mr Gumpy might take all those animals to the beach – what do you think?

<https://www.bbc.co.uk/programmes/p06tmnbv>

**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 short animation here.

<https://www.youtube.com/watch?v=cDYU7rw33NE>

**Dancing time:**

Here are a selection of songs, which link a little to Mr Gumpy, you can sing and dance along to these or any of your other favourite ones.

* Row, row, row your boat <https://www.youtubekids.com/watch?v=rafox-9P3r8>
* Old McDonald had a farm <https://www.youtubekids.com/watch?v=_6HzoUcx3eo>
* Five Little Boats <https://www.youtubekids.com/watch?v=AEWPhi1PFnE>
* The animal sound songs <https://www.youtubekids.com/watch?v=t99ULJjCsaM>

**Drawing/mark making:**

Frozen shaving foam paint – spray shaving foam into small plastic containers, then add colour with either paint or food colouring (be warned food colouring can stain hands), then freeze for at least 2 hours. Once frozen place on large paper or a tray and explore painting with it. How does it feel? What happens when you mix the colours?

**Mindfulness activity: Shark fin**

* Place the side of your hand on your forehead, with your palm facing out to the side.
* Close your eyes.
* Slide your hand down your face, in front of your nose.
* Say “shhh” as you slide your hand down your face
* If you are sitting down, you do the 5 Ss while you move your hand: Sit up straight, sit still, sit silently, soft breathing, shut eyes.
* If you are standing do the same but you are standing straight, still, silently, using soft breathing and shut eyes while you move your hand down your face.

**Activity of the day:**

After Mr Gumpy’s boat capsizes all the animals go home. Can you make a home for your toy animals? You could do this in a number of ways:

1. Make a home from junk modelling
2. Take a large plastic container and fill it with fabric, sticks stones and leaves to create a farmyard - this website has a very sophisticated option <https://www.funathomewithkids.com/2013/04/simple-small-worlds-farm-world.html>
3. Use your wooden blocks or Duplo or any other construction to make them a home.

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