Thursday 9th July

Dear Parents and Carers,

We hope you are having a good week, here are today’s activities.

**Exercise:**

Today try one of Joe wicks 5 minute workouts

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

**Storytime:** This week some of our activities will be based on ‘Mr Gumpy’s Outing’. Today’s story is a different book by John Burningham, ‘Would you Rather?’

<https://www.youtube.com/watch?v=Fj_4a5TVEoE>

This is a great story for asking your child which situation they would rather, pause the book and say what your choice would be! Or you can make up your own would you rather too! Here are a few examples:

* Would you rather catch a spider or a fly?
* Would you rather eat shark custard or snake ice cream?

**Dancing time:**

Today is a link with lots of songs, sung by Debbie Doo – sing and dance along until you are tired!

* <https://www.youtubekids.com/watch?v=HUF5gmH_2YM>

**Drawing/mark making:**

Here are 2 options for today, the first is slightly easier, some children might need a bit more support with the second one initially.

Materials for both of these: are a small bowl of paint, string and paper.

1. Cut some string, then either use a peg at one end or just hold it with your fingers, dip it into a small pot of paint and then explore making the marks it makes on the paper.
2. Pulled string art
   1. Put your string into the boal and cover it with paint (with either your finger or a spoon)
   2. Arrange your string on a piece of paper, leaving one end off the paper
   3. Cover with the second piece of paper
   4. Then put a book, box or tray on top (choose carefully, this can get paint on it) it needs weight, so if you use a tray your child may need you to press on it for them.
   5. Pull the string out of the paper, separate the two pieces of paper and look at your mirror images
   6. Repeat as many times as you like – it is addictive!

If you want more information and even a video of the instructions for the second option then click on the link below

<https://artfulparent.com/pulled-string-art-is-mesmerizing-and-addictive/>

**Mindfulness activity:** A mindful story

When you read a story with your child, take a moment to talk about how the characters might be feeling. For example, ‘I think they are happy.’ Or ‘They look worried.’ For younger children you can say what you think and give them time to respond, then for older ones ask them what they think first.

**Activity of the day:**

This activity is really quick to set up but to really get the foam you need some sort of electronic cake whisk – otherwise you will just have bubbly water.

2 tablespoons of washing up liquid

¼ water

In a bowl and whisk on the highest possible setting for 1 to 2 minutes until it is completely foam.

Then play with it.

You can add paint or food colouring if you like before you whisk, but it can stain your hands. If you would like any further information then click on the link below

<https://www.funathomewithkids.com/2013/08/rainbow-soap-foam-bubbles-sensory-play.html>

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