Friday 10th July

Dear Parents and Carers,

Here are today’s suggested activities.

**Exercise:**

Here is a cosmic yoga – today it is Popcorn and the Pirates

<https://www.youtube.com/watch?v=T_0P5grVoyg>

# Storytime: Today is Friday here is a slightly different story from the rest of the week ‘The Little Mouse, The Red Ripe Strawberry, and THE BIG HUNGRY BEAR.’

<https://www.youtube.com/watch?v=iJtXNpSa8Gs>

**Dancing time:**

Today’s songs are all finger rhymes – join in with the actions, finger rhymes are great for developing our finger muscles ready for writing

* Two Little Dicky Birds <https://www.youtube.com/watch?v=Tk1B_p3xoOE>
* Open shut them <https://www.youtube.com/watch?v=PNaiU0jAgbI>
* Two Little Butterflies (sound familiar!) <https://www.youtube.com/watch?v=q31_IrnxmP8>
* Tiny Tim <https://www.youtube.com/watch?v=fpPXl7OTdwU>
* Ten Little Fingers <https://www.youtube.com/watch?v=Dj-mk-ZrRxI>

**Drawing/mark making:**

Get some tin foil out, then paint on it like you would paper – how is it different? What do you notice?

**Mindfulness activity:** Shoulder roll

Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.

**Activity of the day:**

Get some strawberries and share them between you. Use a child safe knife to cut them in half, just like the mouse in the story.

Then if you like you could add them to a wooden skewer and dip them in yogurt (or melted chocolate)!

Please take a photo to show us what you have been up to, even if it is different to these activities nursery@tunstall.croydon.sch.uk

Stay safe,

From all of the staff at Tunstall