Monday 13th July

Dear Parents and Carers,

We hope you had a lovely weekend. This week all our stories are based on supporting art and change (either school, returning to nursery, or moving up to the threes room).

**Exercise:**

Here is a cosmic yoga about Coco the butterfly.

<https://www.youtubekids.com/watch?v=pT-s1-phgxs&hl=en-GB>

**Storytime:** Today’s story is about Ramon, who doubts his drawing abilities till his little sister sees the beauty of them – help your child to see the beauty in their work by giving specific praise, for example, I like the way you have used lots of blue.

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

**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.

* Elephants have wrinkles <https://www.youtubekids.com/watch?v=KJonGSbUWXE&hl=en-GB>
* Baby Shark <https://www.youtubekids.com/watch?v=XqZsoesa55w&hl=en-GB>
* Five Little Ducks <https://www.youtubekids.com/watch?v=pZw9veQ76fo&hl=en-GB>
* Old McDonald had a Farm

<https://www.youtubekids.com/watch?v=dpnUYVezBVw&hl=en-GB>

**Drawing/mark making:**

If you have large paper put it out on the floor, but if not smaller paper will work on a table will work too. Put some music on and then let your child paint to the music. Here is some music that works well:

* <https://www.youtube.com/watch?v=Jmk5frp6-3Q>
* <https://www.youtube.com/watch?v=i7vJ2UFbeXA>

**Mindfulness activity:** Spiderman pose

Go somewhere quiet and practise this Spiderman pose, then relax and repeat a few times. Do it with your child and slow down.

The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.

Do they notice something?

If your child finds this hard to do you can play mirror me. Copy what they do, so if they touch their nose then touch your nose, if they touch their hand touch your hand. Once they are confident with the game, then swop and they can copy you.

**Activity of the day:**

In September many children will be starting a new school and most of those returning to Tunstall will have been away for a long time. Look with your child at their new schools website, or our virtual tour <https://www.tunstall.croydon.sch.uk/about-us/admissions/> . Talk to them about what they think they will enjoy doing.

Stay safe,

From all of the staff at Tunstall