Tuesday 14th July

Dear Parents and Carers,

Here are today’s suggest activities:

**Exercise:** This is a 5 minute Joe Wicks

<https://www.youtube.com/watch?v=pnKCGY9ZocA>

**Storytime:** Today’s story is called ‘The Dot’ by Peter H. Reynolds. Vashti thinks she can’t draw, until her teacher makes her sign her picture and frames it.

<https://www.youtube.com/watch?v=EpmNXbkLu6c>

**Dancing time:** Today’s songs all have numbers in them, this is a great way to get children familiar with numbers and the idea of more and less.

* 5 little monkeys swinging in a tree <https://www.youtube.com/watch?v=WRzzYmbDO1Q>
* 5 Little Ducks <https://www.youtube.com/watch?v=pZw9veQ76fo>
* The Ants go Marching One by One <https://www.youtube.com/watch?v=Pjw2A3QU8Qg>
* One Elephant Went Out to Play <https://www.youtube.com/watch?v=wQf6yWEScB8>
* 10 Green Bottles Hanging on the Wall <https://www.youtube.com/watch?v=T0ooQv7oHvw>
* This song doesn’t have numbers in, but it links to our story ‘The Dot’ <https://www.youtube.com/watch?v=r_I43cxDQ-o>

**Drawing/mark making:** Why not explore dots today? You can make dots with a crayon, felt tip, cottons bud, cotton wool or a paint brush in paint.

Here is Peter H. Reynolds drawing dots and talking about how they might change to something else. <https://www.youtube.com/watch?v=XDqSZXV13dQ>

**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:**

If your child is starting primary school, they will be wearing a school uniform in September, this is quite different. You can have a look at pictures of it on the website. Closer to the time once you have bought it your child might like to try it on. Help your child become more independent in dressing and undressing over the summer, as in Reception they may start having to get changed for PE at school.

Here is a link to a book called ‘Starting School’ <https://www.youtube.com/watch?v=1zQivaCXu-Q>

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