Wednesday 15th July

Dear Parents and Carers,

Here are today’s suggest activities:

**Exercise:** Today why not set up some races. Go to the park and choose different things to race between, it could be trees or two points on the path that you have marked with chalk. It does not need to be a race between anyone, just different places to run too or you could time it on your phone and see if they can do it quicker.

**Storytime:** Today’s story is called ‘A beautiful Opps’ all about how mistakes can become beautiful.

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

**Dancing time:** Put your child’s favourite music on and get dancing – make it fun by switching down the lights and making it like a disco!

If you need it, here is a link to nursery rhymes CD which is free on Audiobook

<https://www.amazon.co.uk/50-Favourite-Nursery-Rhymes/dp/B002SQ21OC>

**Drawing/mark making:** A back and forth drawing game, start by drawing anything simple on a piece of paper, for example, a circle, a pair of eyes or a square, then pass the paper to your child and let them draw one thing. They then pass it back to you. There is more information here on:

https://artfulparent.com/a-back-and-forth-drawing-game/

Younger children, or children who are less confident in drawing may find the going backwards and forwards tricky. If so try drawing together at the same time, coping some of the things they do and commenting on it.

**Mindfulness activity:** A hugging meditation

Cuddles are great, they make you and your child feel better, take the time to have cuddle. As you hug your child, tell them how it makes you feel – I feel safe, I feel loved, you are held.

**Activity of the day:** Help your child to say goodbye to Tunstall and talk about how they are going to a new school. Read our goodbye booklet to them and maybe talk about what they might miss.

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