Thursday 16th July

Dear Parents and Carers,

Here are today’s suggest activities:

**Exercise:** This one gets you involved too, please do not do this if you have any injuries!! Lie on your back with your knees bent, then your child lies on their tummy on your shines. They can stretch out their arms and pretend to be a plane, hold onto their hands to help. This is great for laughing and getting them to balance. If you are feeling brave you can do this with them on your feet and your legs stretched too (see attached picture).

**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:** Todays songs are all linked to art and colour:

* The Dot song <https://www.youtube.com/watch?v=r_I43cxDQ-o>
* I can Sing a rainbow <https://www.youtube.com/watch?v=yLpEGM34Fic>
* The colour song <https://www.youtube.com/watch?v=gavT_q9CLME>
* We call it Art Song <https://www.youtube.com/watch?v=1UPxCSQt_kc>

**Drawing/mark making:** Use cotton buds to make marks on paper (thicker coloured paper works best, sugar paper if you have it) with baby oil. If you do not have this you can explore with drawing with anything you have around the house, cottons wool, string, toys. You can paint with baby oil, water, even flour and water mixed with food colouring.

**Mindfulness activity:** A nature walk

Go for a walk in the woods or the park. Find something to look at it could be a leaf, a dandelion a stick whatever your child finds. Then spend some time really looking at it, feeling it, smelling it and talking about it.

**Activity of the day:** Make a memory bracelet. This year has been hard as we are not finishing school in the normal way. Make a memory bracelet, when you put a bead onto a piece of string talk about something you will miss or have enjoyed from nursery. It could be the sandpit, your friends, the trip to the park, banging pegs into a pumpkin. If you do not have any beads you can make a bracelet or necklace from pasta shapes, or by hole punching leaves and threading them.

This is a great activity for their find motor skills, so even if you do not use it with your child as a chance to talk about their time at nursery this year it is still a great activity to do.

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