Friday 17th July

Dear Parents and Carers,

We have loved teaching all of your children and it feels so strange having not been able to see many of you for most of the year or to say goodbye properly. We know everyone has had a different lockdown experience, but hope that you are able to have a lovely summer and wish you all well for September, whether it is coming back here or moving onto a new school. This is our final home learning email, we hope they have helped give you ideas of things to do, not just during lockdown but going forwards for the summer holidays. Here are today’s, suggest activities:

**Exercise:** Row, Row, Row the boat. Sit on the floor facing your child, hold each others hands and rock backwards and forwards as you sing the nursery rhyme Row, Row, Row Your Boat <https://www.youtubekids.com/watch?v=rafox-9P3r8&hl=en-GB>

**Storytime:** Today’s story is called ‘Art and Max’ all about how different ideas of art do not have to be wrong!

<https://www.youtube.com/watch?v=b2I5IrCpoYA>

**Dancing time:** Todays songs have actions where you touch your child as you sing them together, this helps build connection:

* This Little Piggy (starting with the big toe, touch each toe in turn, then at the end when the little piggy runs home, move your fingers up their leg as though you are running). <https://www.youtubekids.com/watch?v=ei0uIZu9_WE&hl=en-GB>
* Round and round the garden, Like a Teddy Bear (trace your finger around their hand)

One step, two step (move your fingers along their arm)

Tickle under there (pretend to tickle them under their arm – I don’t actually tickle as there is starting to be research on how children can feel helpless rather than enjoy it when tickled)

<https://www.youtubekids.com/watch?v=cEd_qkp6Wio&hl=en-GB>

* This the way Lady rides <https://www.youtube.com/watch?v=zs_tDQeg2mg>

Sit your child on your knee, and bounce them starting gentle, then when you get to the old man, drop them down. There are lots of different versions of who is riding, but the fine bit is leaning them back, at the end (see picture).

**Drawing/mark making:** The scribble game - <https://artfulparent.com/the-scribble-drawing-game/>

Invite your child to do a scribble, then pass it to you and you have to turn it into something – a butterfly, a face, anything use the shapes you can see as your starting point. Then swop and let them have a go. At first they might need help talk about the shapes in the scribble and see what you can see, maybe they just add eyes and it becomes a monster.

**Mindfulness activity:** Elephant breathing

Stand with your feet wide apart and your arms dangling in front of your body like an elephant’s trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

**Activity of the day:** Magic Foaming dough

2 cups of Bicarbonate of Soda

2 tablespoons of Salt

1 teaspoon of washing up liquid

½ cup of water

2 cups of Vinegar

Food colouring (optional - it might stain your child’s hands when they play with it)

A squeeze bottle, syringe (like you get with Calpol) or a cup for pouring

1. Mix the bicarbonate of soda and the salt in a bowl
2. If using food colouring add now and mix thoroughly
3. Stir in washing up liquid
4. Stir in water. Your dough is done when it will just foam a ball. If it is too crumbly add in a tablespoon of water at a time. This dough is different to playdough, so it can’t be rolled out, instead mold it with your hands.
5. Play with the dough and make a creation (you can add waterproof things to decorate it and make it into a cake, a monster, an alien, snowman or tree).
6. Then add few cups of vinegar and it will foam up. The more Vinegar you add at once the more foam is created (the syringe will give a much smaller reaction than a squeeze bottle or a cup).

https://www.funathomewithkids.com/2013/12/foaming-dough-recipe-magic-foaming.html

Please take a photo to show us what you did at nursery@tunstall.croydon.sch.uk

Stay safe,

From all of the staff at Tunstall