

# Nursery

Dear Parents and Carers,

It was lovely to talk with you all this week and to know that you and the children are all safe, well and happy. You are all doing an amazing job with your home learning.

Keep up the good work!

Friday in Nursery is our movement and wellbeing day so I have compiled the movement activities that the children have completed each morning and put them on the slides and added our yoga activities.

Have Fun!

# Let's talk about today

- Is it morning or afternoon? How do we know?
- What day is it today?
- What day will it be tomorrow?
- What is the weather like today? Look for clues out of the window. How do we know what the weather is like?

# Today in our busy jobs you will

- Dance to Tumble Tots
- Complete Yoga activities
- Complete mindfulness activities
- Learn about the skill you need to practise today and all next week



# Tumble Tots Movement

- Shake My Sillies Out
- Wiggly Woo
- Wake Up Your Muscles
- If You're Happy and You Know It
- Ready, Steady, Go!



# Yoga Activity

- [On the Farm](#)
- the activity takes 12 minutes



# Breathing Activities

- Rainbow Breath – mindfulness activity

## Brain Break Breathing

### Rainbow Breaths

Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5 - 10 times. Each time you breathe in imagine you are adding another color to your rainbow. What colors are you adding to your rainbow? Once your rainbow is done slowly open your eyes.



# Key Skill of the Week

- How to wash your hands



**What do you need to wash your hands?**

**When should you wash your hands?**

**Why do we wash our hands?**



See you all Monday!

