

# Nursery

Dear Parents and Carers,

It has been lovely to talk with you all this week. I hope that you have all had fun.

Please don't complete all the activities in one go, break them up with play, snacks and meal times.

**Remember play is an important part of learning for young children!**

Five minutes per activity is plenty. If they are happy to stay with the activity longer then that is great!

# 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

- Warm Up Time
- You Can Clap Your Hands
- I'm a Little Teapot
- Little Peter Rabbit
- One Finger, One Thumb



# Yoga Activity

- [Polar Bear Adventure](#)
- the activity takes 15 minutes



# Breathing Activities

- On and Off– mindfulness activity



**ON & OFF**

# Key Skill of the Week

- How to use a knife and fork



**What do you need to use to eat your food?**

**How do you use a knife and fork?**

**What foods will you eat with your knife and fork?**

