

# 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

- Stand Up, Sit Down
- Animal Action
- Hokey Cokey
- Peter Hammers
- Row Row Row your Boat



# Yoga Activity

- [The Very Hungry Caterpillar Yoga](#)
- the activity takes 19 minutes





# Breathing Activities

- Think About It– mindfulness activity



# Key Skill of the Week

- How to remember your home address

The above video gives parents/carers ideas on how to teach children to remember their address. You may want to include teaching your child to say their full name if they do not already know this.

Can you turn your address into a song like in the clip?

Can you use Google maps to find your address and talk about it in relation to the town, country and world?

Have a lovely weekend

