

Nursery

Dear Parents and Carers,

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

We will be contacting you next week to find out how you are getting on.

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

- [Space Picnic](#)
- the activity takes 12 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?

See you all next week!

