

## Personal, Social and Emotional

### Make a calm box

Sometimes we can have big feelings - sad, cross, worried, scared, angry. Talking about how you feel or having a cuddle can help. You could also try using a Calm Box. A Calm Box has special things in it to help you feel better. Things you could put in a calm box: bubbles, hand cream, stress ball, feathers, Play Doh, a special toy, crayons, photos of special people...Keep your Calm Box where you can get it and use it to help you feel safe, happy and calm.

\*For more ideas see the attached sheet "How to make a calm box"

Feelings



## Communication and Language

### Simon\* Says...

This is a game we sometimes play in Nursery to help develop listening skills.

1. Gather your family together
2. One person is 'Simon' and gives instructions. Everyone else listens and does what 'Simon' says eg "Simon says...touch your nose", "Simon says...clap your hands".
3. The listeners **only** do the action when the speaker says "Simon says..."
4. Try to trick the listeners by just saying "Turn around" or "Jump up and down"
5. Take turns to be Simon/the listeners.

\*It could also be called Mummy/Daddy etc says.

Listen

## Physical

Good hand washing is very important in keeping us healthy and safe. Support your children (the whole family) to thoroughly wash and dry hands. Watch this video clip of Sue, Claire and Sarah washing and drying their hands. Learn the hand washing song to make sure hands are washed for the correct amount of time.

<https://www.youtube.com/watch?v=5QbSi9uCBf8&t=41s>

Self-care

## Literacy

At the moment it is difficult to see all of the people you know and love and you might be missing them. You might be wondering what your friends are doing. Listen to Tom Hardy read "Under the Same Sky"

<https://www.bbc.co.uk/iplayer/episode/m000hsff/cbeebies-bedtime-stories-750-tom-hardy-under-the-same-sky>

The children in this story think of nice ways to stay in touch and brighten someone's day...You could paint a picture for a friend, phone

Story

your Granny or  
facetime your Uncle.

## Mathematics

There are lots of rhymes/songs that help children with their counting skills. Encourage and support your children to use their fingers as they sing. You could even use toys/objects if you have them ie 5 ducks, 10 toys in bed.

Songs you can sing:

- 5 Currant Buns
- 5 Little Ducks
- 5 Little Monkeys
- 10 In The Bed
- 10 Green Bottles



Count



## Understanding of the World

When you go for a walk chat about the things you see. Look up at buildings. Talk about the shapes you see. What plants are growing? Who can you see? Can you see any numbers or letters? What sounds do you hear? What are things made of? Have a conversation that spark children's curiosity about their surroundings.

Wonder



## Expressive Arts & Design

### Shadow Art

Have you noticed on a sunny day that you can see your shadow on the ground or against a wall? Try some funny poses, alone or with family members. Take a picture to capture the moment.

A mess free activity



We hope you are all still safe and well. Here are some more suggested ideas for this week - pick and choose those you feel your child will enjoy - no pressure! Do contact us if you have any other questions or feedback. Don't forget to email your Key Person photos of you and your children enjoying some of these activities. We love hearing from you. Please also see the attached documents for information about supporting your children's behaviour and emotional regulation at home.