



Thoughtful Thursday! 2/7/20

Dear Parent/Carer,

The Nursery team hope that you and your children are safe and well. Here are some ideas and suggestions for a great day with your child. Choose your favourite 3 or do more and if you can, take some photos to share.

Mark making activity (suggested time 10-15 minutes max)

- Using a large piece of paper or if you have old wall paper use the back of that to lay on the floor.
- Then make/find some tools to help you make some big marks.
- You could use a spare toothbrush and dip in paint to make different marks.
- Can you describe the pattern you make? What other tools can you use?
- Can you do some shapes and lines in different directions?



Wake and Shake! (Suggested time 10 minutes max)



- <https://www.nhs.uk/10-minute-shake-up/shake-ups>
- Follow the link above to complete a workout.
- You have 4 options to select from. The Lion King, Frozen, Toy Story 4 or Incredible 2.
- Can have a Disney shake up workout.
- What was your favourite part?
- Are you warmed up and ready for the day?

Talk Time! (Suggested time 15 minutes)

- Get a mirror or sit in front of a mirror for this task.
- With an adult, have a discussion about the features on your face.
- You could observe what features on your face?
- What colour are your eyes?
- Then you could make different facial expressions for different feeling words eg. happy , sad etc.
- Encourage your child to think about the different emotions and how they can be shown on their face with expressions.





Literacy (Suggested time 15 minutes)

- Link to our story 'The Train Ride'. When we go on a train journey we need a ticket.
- That ticket is to show the ticket inspector we have paid for our trip.
- Your task today is to design your own train ticket.
- Imagine where you would like to go?
- On your ticket can you write the date? Time?
- Where is your trip to?
- Encourage your child to think about why they need a ticket and make some marks to show where they are going.



Snack/Lunch (15 minutes)



- Make a healthy salad for lunch. Talk to your child about healthy foods, why they are important.
- What are healthy foods? Can you name 5 healthy foods?
- You could say would...be healthy? Name random food items and see if they can decide if they are healthy. Eg - ice cream.
- Select items for your salad. Encourage your child to pick the items.
- Then encourage them to be involved with the stages, eg peeling a banana or squeezing a lemon.
- Supervise and allow your child to practise their cutting skills with a spreading knife for soft items like bananas

Playtime - messy play

- Depending on what you have at home - either paint, washing up liquid, shaving foam, flour etc. Put that into a tray for your child.
- Add some toys or magnetic letters/numbers if you have any. See if you find the hidden objects.
- When you find them can you say what they are, what sound/number they are?
- If it is an object, can you describe it?



Topic Activity! (Suggested time 15 minutes)

- Linking to our theme of Refugees, they have to leave their homes very quickly.
- sometimes, with very little time to pack all their things.
- Can you draw what you would pack if you had to leave in an emergency.
- Think about what is essential?
- What you would have to take, because it is dear to you.



