



John Bear's Nursery

Hello everyone! We hope you are all well and keeping busy at home. Please find below some new activities to try at home. We know that it is a worrying and strange time for everyone at the moment and many of you may be juggling childcare and working from home, so please do not feel that you have to complete all of the activities below. Take care of yourselves and your loved ones.

<p>Children across the world are painting rainbows and putting them in their windows to make people smile. Create a rainbow for your window, you could paint, colour, or cut up coloured pieces of paper.</p>	<p>At this point in time children can be experiencing a range of emotions, some of which such as anxiety or sadness they might not understand or be able to communicate easily. Make a worry monster. Use a box and draw a face upon it/decorate it. Cut out a hole for a mouth big enough to post paper through. Talk to your child about how they are feeling, ask them to draw a picture if something is worrying them or making them feel sad. They can feed it to the worry monster to eat for them. Talking through how they are feeling can be reassuring for our little people.</p>	<p>https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/ Here are some great ideas for you to try linked to Nature.</p>	<p>Make a shaker using a yoghurt pot. Add some rice/lentils or beads and cover the top by sticking a piece of paper over it. Give it a shake and listen to the sound it makes. Can you play it as you sing your favourite songs?</p>
<p>Explore filling up different containers with water (add food colouring to make different colours). Talk about if the tubs are full/half full or empty. Which containers have more or less water in them?</p>	<p>Enjoy listening to a story on https://learnenglishkids.britishcouncil.org/short-stories</p>	<p>If you have some spare flour sprinkle a little onto a tray or surface and explore creating marks and patterns in it. Can you draw a wavy or zig zag line? What shapes can you draw? Have a try at writing your name or letters of the alphabet.</p>	<p>Have a go at Cosmic Yoga for kids, find it on Youtube. Choose your favourite character/theme or film and get stretching and moving.</p>
<p>If you have Duplo or Lego bricks make a model of your favourite animal. Can you also build a home for them?</p>	<p>Ask you adult to write the numerals 1-9 on pieces of paper (if you like have a try at writing them yourself) Then ask your adult to hide them around the house and go on a number hunt. When you find them can you put them in the correct order?</p>	<p>Play a counting game - Can you feed the Teddy the correct amount of eggs? https://www.topmarks.co.uk/learning-to-count/teddy-numbers</p>	<p>Find an old sock and make a sock puppet. When it is finished create a story and use your puppet to tell it.</p>

