

**John Bear's Nursery**    **Activity sheet for Week Beginning: Monday 8<sup>th</sup> June**



Our activities for this week are linked to the story 'Peace at Last' by Jill Murphy. You can find a link to a video of the story being read by Mrs Atthill on Monday's email.

<p>This week's book is called 'Peace at Last'. Talk with your child about what it means to be peaceful and how in our busy lives it is good to have some peaceful time. Maybe take some time to have '<b>peaceful and relaxation time</b>' together. You could lie down and be still and quiet and focus on breathing deeply. Encourage your child to listen in the quiet and at the end recall what they have heard. You could try this inside and outdoors and compare the different sounds you can hear.</p>	<p>In our story Mr Bear heard lots of different sounds through the night. In our video on Wednesday we are going to explore <b>making and changing sounds</b> with different objects. After watching it maybe you can have a go exploring the sounds of different objects and surfaces in your house.</p>	<p>Baby bear is pretending to be an aeroplane and has aeroplanes hanging on his mobile. Have a go at <b>making an aeroplane</b>. You could make a paper aeroplane and see how far you can fly it. Or you can use your construction toys such as Lego to make an aeroplane. Maybe you could make an aeroplane to sit in and play in using boxes, cushions, and other loose parts.</p>
<p>Continuing our theme of exploring sounds, in the video below are some great ideas of how you can incorporate <b>making music while playing with water</b>. A lot of them are simple ideas that you can do using things like a plastic bottle, a mixing bowl and a bowl of water (or in the bath). So have a little look at the video and see if you can have a go at making music in or with water. <a href="https://m.youtube.com/watch?v=xDKZdS5PFDA&amp;feature=emb_title">https://m.youtube.com/watch?v=xDKZdS5PFDA&amp;feature=emb_title</a></p>	<p>In our story there were several <b>nocturnal animals</b>. Can your child recall what they were? (Owl, bat, hedgehog) You could choose one of the animals and make a picture of it. Encourage your child to think about the features of that particular animal. <a href="https://www.rspb.org.uk/fun-and-learning/families/big-wild-sleepout/nocturnal-wildlife/">https://www.rspb.org.uk/fun-and-learning/families/big-wild-sleepout/nocturnal-wildlife/</a> Depending on the resources you have you could make a drawing, painting, collage or even a model using junk modelling.</p>	<p>Set your child some <b>physical challenges using a stopwatch</b> (you can find a stopwatch on most phones). E.g. how long can you stand on 1 foot? Can you jump up and down for 30 seconds? Set up an obstacle course and time how long it takes to complete. Can your child improve their time? Look at the stopwatch each time with your child and talk about the numbers and the different times.</p>
<p>One of the games the children love playing at nursery is <b>What's the time Mr Wolf?</b> Why not have a go at this at home. This is a great game to encourage your child to count steps as they take them, saying one number per step. It also encourages them to think about the time on a clock, like the one in our story. You could spend some time looking at a clock and recognising different numbers, and maybe return to this at different times of the day.</p>	<p>Peace begins with the <b>letter P</b>. Go for a hunt around your house, or when you go on a walk for your exercise, and see if you can spot other things beginning with p or see the letter p on a sign.  Or you can turn this into a game of <b>I Spy</b> with initial sounds of words, I Spy something beginning with....</p>	<p>Norfolk Music Hub, which we are now part of as a school, have a project going on in which you can <b>make your own video and music</b> for 'summer sounds'. You don't have to submit an entry, but it might be fun to have a go! <a href="https://www.norfolkmusicHub.org.uk/site/sounds-of-summer/">https://www.norfolkmusicHub.org.uk/site/sounds-of-summer/</a></p>

