



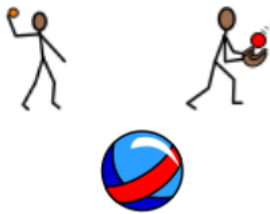




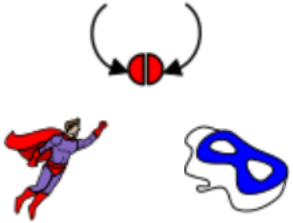


Nursery homeworking tasks

Monday 13th July 2020

Hello everyone, I hope you are all well and safe. Enjoy today's activities. Abi ☺

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|---|--|---|---|---|
| <p>Make a tent and play inside.</p>  | <p>Cut out an old magazine and make a new pattern.</p>  | <p>Play a game of cloud spotting from your window</p>  | <p>Practise your handwriting.</p>  | <p>Practice throwing and catching a ball.</p>  |
| <p>Organise your cutlery.</p>  | <p>Build a castle.</p>  | <p>Do some family exercise with Joe the Body coach.</p>  | <p>Read a book.</p>  | <p>Make a superhero mask.</p>  |

Read a book: www.getepic.com/students Class code: dbm5873

If you don't have a laptop or an iPad at home, you can download the 'Epic' app onto your smart phone. Enter your class code then find your name. Click on 'Mailbox' to read the eBooks your teacher has set you. Enjoy!



Idea Store: <https://www.ideastore.co.uk/storytime-online>

Daily story time - videos are uploaded at 10:30, Monday – Saturday.

Your Idea Store or library may be closed right now but you can do all of your favourite things online! We've got:

- *Story Time for the little ones
- *Art Club Challenge – take up our weekly challenge and get your pictures on the Idea Store website!
- *Loads of family fun activities from your favourite authors and publishers
- *Get the latest e-books and audiobooks for FREE with your Idea Store Card
- *Coming soon – “Silly Squad” Digital Summer Reading Challenge!

Phonics: <https://www.teachyourmonstertoread.com/games/tm1/demo>



Teach Your Monster to Read – fun games to support with letter sounds. The link will take you to the demo; you can access more games by creating an account. All games are free on laptops. There is an app available too if you are accessing from a smart phone but it is at a cost of £2.99.

Read with Phonics Games – a great free alternative for smart phones.

Enjoy some PE: <https://www.afpe.org.uk/thisispe-supporting-parents-to-teach-pe-at-home/>

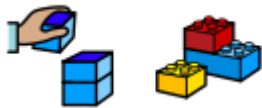
Short two-minute videos are being posted that show parents (and teachers) free, fun and easy to follow PE activities for the whole family to enjoy together.

Try Lesson 11 – Catching. Have fun! 😊



Lego balloon-powered car: <https://littlebinsforlittlehands.com/lego-balloon-car-diy-lego-building-kit/>

Explore different things you can build with Lego.



Grow at home: <https://www.rhs.org.uk/garden-inspiration/grow-at-home>

Welcome to 'Grow at home', your gateway to gardening advice and inspiration to help everyone get growing and feel better. We've got daily ideas to make the most of summer plus activities for kids each week.



Phoenix home learning: <https://www.phoenix.towerhamlets.sch.uk/thamlets/primary/phoenix/site/pages/homeresources>

Some top tips for home learning if your child has special educational needs. You can find a range of different resources to help support your child.



Relaxation tips for bedtime:

<https://www.thechildrenssleepcharity.org.uk/images/leaflets/The%20Childrens%20Sleep%20Charity%20Leaflets%2098291.pdf>

Some top tips for any children (or adults!) who are struggling to sleep.

Relaxation Tips for Bedtime

Feeling relaxed is important in the run up to bedtime for both you and your child. If your child is experiencing difficulties sleeping it can make you both feel anxious. Children quickly pick up on the stress levels of those around them so it is important to try to keep calm as bedtime approaches.

The tips below may help:

- Turn off all screen activities an hour before bedtime eg computers, television and mobile phones. This will help your child to calm their mind. Screen activities can also inhibit the production of melatonin (the sleep hormone that makes us feel drowsy).
- Avoid physical activity in the run up to bedtime. Exercising too close to bedtime can actually wake your child up.
- If your child is a worrier set aside some time during the day to give them your full attention and to find out how their day has been.



- Dimming the lights in the hour before bedtime can help to promote relaxation.
- Fine motor skill activities such as jigsaws and colouring can be very relaxing and a great activity to do together.
- Massage can help some children to unwind.
- Classical music can be very soothing and makes perfect background music in the evening.
- Teach your child to progressively relax the muscles in their body. They can begin by tensing their feet to the count of 5 and then letting them become relaxed. Work up to the calf muscles, thighs and so on until they have relaxed each part of their body.
- Encourage your child to concentrate on their breathing and imagine breathing in a beautiful white light and blowing out any worries or troubles each time they exhale.
- There are a number of relaxation CDs on the market that may help your child to feel calmer during the evening. You may however wish to talk them through an imaginary scene such as a favourite trip to the beach, asking them to visualise the scene and to feel the warm sun on their face.

