

Tuesday 19th May 2020

Nursery Homeworking Tasks

Good morning Nursery Class! Here are the Nursery homeworking tasks for today. You can have lots of fun by having a pretend tea party today.

Why not make your very own pet tiger using the playdough you made yesterday. What do tigers look like? What colour are they? Where do they live and what do they like to eat and drink? There are some ideas below for today's learning. Scroll down to find the links. Have fun! From

Abi

<p>Make a list of food you would like to eat at the tiger's tea party</p> 	<p>Have an pretend tea party with your family</p> 	<p>Sing along with THAMES music</p> 	<p>Make a Jar of Smiles</p> 
<p>Read 'The Tiger Who Came to Tea' by Judith Kerr</p> 	<p>Play I Spy focussing on the beginning sounds of words</p> 	<p>Use your playdough to make a tiger!</p> 	<p>Do some daily exercise</p> 

Key links

Make a list of food you would like to eat at your tea party

After reading the story of 'The Tiger Who Came to Tea' by Judith Kerr, think about different foods you would like to eat at your tea party. Can you write a list like you did yesterday of all the things you would like to have at your tea party?

Have a pretend tea party

Ask your family to come along, invite your toys and set up a pretend tea party. Use a blanket on the ground and use plates, cups, pretend or real food. Play a game of tea parties and have lots of fun talking, counting and pretending. Your grown up can talk to you whilst you are playing like in the video below to help you learn new words and develop your language and communication skills.

<https://www.bbc.co.uk/tiny-happy-people/teddy-bear-picnic/zhcd8xs>

Your grownups can also ask you some maths questions:

-How many family members are there?

-How many toys are there?

-I wonder how many plates, cups, forks we might need?

-I have 2 grapes, you have 2 grapes, I wonder how many your teddy will need so that it is fair?



Sing along with THAMES music

THAMES music are offering some free and fun sing a long sessions for you to join in with. Follow the link below to find a new Sing A Long with Selina session.

<https://www.youtube.com/watch?v=Xp-FeATcXdo&list=PLy5eTXrBmFRUcu8vGpWAwwXmh7Ulgr8wH&index=2>

Make a Jar of Smiles <https://activities.girlsfriendsociety.org.uk/a-jar-of-smiles/>

Stress, sadness and frustration are very real feelings that everyone has sometimes. It's ok to feel this way sometimes, especially when things are difficult. But there are things you can do to help yourself feel better when things are troubling you.

1. Talk about it – telling an adult, a friend, or anyone who cares about you, how you feel is important. It means that others can help you. Maybe you'll find out that other people feel the same way. Often, just saying what's on your mind helps you feel better – almost like magic!
2. Focus on something else – if we are feeling negative emotions, doing something we like, or telling ourselves something more positive can sometimes help us feel a bit better. It's important to be kind to ourselves when we are having a difficult time.

Why not swap your worries for a jar full of smiles? Follow the instructions below:

1. Cut up up slips of paper that you can write on On each slip, write something that you like to do at home, or something that you would say to yourself to make yourself feel better. you can colour the pieces in with bright colours that make you feel happy. Fold all of the pieces of paper up small and put them into one of the jars. Label this jar your 'Jar of Smiles' .



Here are some ideas you could use for a jar of smiles – we're sure you can come up with lots more!

- Practice cartwheels
- Dance to a fun song
- Have a bath with lots of bubbles
- Sing your favourite song really loudly
- Call someone you miss on the phone
- Watch a movie in your pyjamas
- Play a board game
- Make up a new story about your favourite book or tv character Put on your favourite outfit and have a fashion show
- Do ten star jumps
- Take some slow deep breathes and picture something that makes you happy
- "I know I am brave because I ..."
- "I have been tough before when..."
- "I know this feeling will end like when..."

2. Label the other jar your 'Worry Jar', and tell a trusted grown-up about it – if worries do arise, they can help you to talk them through.

3. The next time you are feeling worried, sad, frustrated or angry, write down how you are feeling and why. Then, fold up the paper and put it into your jar of worries.

4. Now that you have put your worry away for now, you can take a slip from your 'Jar of Smiles'. Focusing on something to make you smile can help you to put your worry aside and have a better day.

5. Remember to ask a trusted grown-up to look through your jar of worries with you at a time that's right for you both. You might find that your worry doesn't feel so worrying any more, once you have talked it through together.

A note for grown ups

Take the time to look at the slips of paper in the jar of worries regularly, and talk through the worries together. If something comes out of the jar of smiles that isn't possible at that time (e.g. 'watch a movie' when it's 5 minutes before bedtime!) then agree a time when it can happen. Having something to look forward to is also a good way to refocus on the positive.

Read A Book

Today's book is The Tiger Who Came To Tea by Judith Kerr. Follow the link below where you can listen to the story.

<https://www.youtube.com/watch?v=BXgW9UCgpc8>

Play this phonics game

Can you find all the things that begin with the sound?

<https://www.youtube.com/watch?v=gzUz41TjAmg>

Use your playdough to make a tiger!

Using your tiger playdough you made yesterday, make your own pet tiger! Use the ideas below to help you or make up your own!



Do some daily exercise

Exercise is a great way to keep your body and mind healthy and can really help with lifting your mood. Try some fun exercise from dancing with Oti Mabuse to workouts with Joe Wicks everyday at 9am.

Joe Wicks' PE Workouts - daily at 9am

<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

Free dance classes with Oti Mabuse live everyday at 11am

<https://www.youtube.com/watch?v=MCeo6Q3p7Mc>

Have a great day!

From Abi