

Planning for Nursery Parents
Why can't I have chocolate for breakfast?
Week 4

Firstly, read through the table below, and choose one activity from each column. Return to this document for extra activities to engage your child through the week. This week's overall idea is getting messy. Messy play supports all areas of development, develops critical and creative thinking, and it is fun. Involve your child with the setting up and cleaning up process. Discuss with your child how and where to set up messy play; and talk about how your child can help to clean it up afterward. If you don't have a messy apron, you can designate a set of old clothes or use an adult-sized old t-shirt.

A few words about the mud kitchen idea, I have included this here as something for you to consider, as setting one up in the garden will engage your child all year long. A small mud kitchen in the beginning can only be one or two containers, a spoon, soil and water. I've included a link to a document with more information about mud play for parents who would like to know more.

Photographs or videos of your child's play and work can be uploaded into their My Files folder. You can message us through the files or by using J2message. If anyone has any feedback, suggestions or ideas, please send a message.

Important this week is sharing stories, counting in Welsh, healthy habits, messy play and gross motor skills. PE with Mr. Rees is a video lesson from our PE teacher in Dafen. There are some science-based activities like candy experiments and gloop. Some games, like "Minute to Win It" can be for the whole family to play. We hope you enjoy these activities and have some fun!

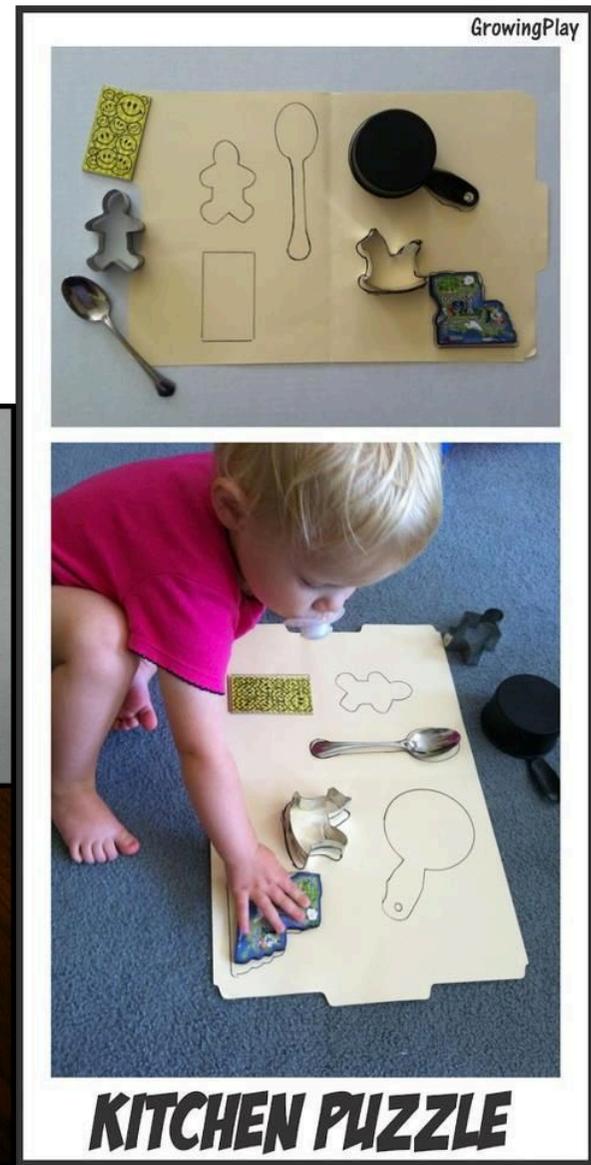
Keep safe & Keep Engaged!
Diolch,
Mrs. Muldoon & Mrs. James

	Language, Literacy and Communication Skills	Mathematical Skills	Personal & Social Development, and Well-being	Knowledge and Understanding of the World	Physical Development and Play	Creative Development
<p>Week 4 Get Messy! Important this Week:</p> <ul style="list-style-type: none"> • Sharing Stories • Un Bys, Dau Fys • Healthy Habits • Messy Play • Gross Motor Skills 	<p>Sing Morning Songs</p> <p>Little Red Hen Story practice.</p> <p>Read, Write, Inc practice set 1 sounds.</p> <p>Practice singing Sing a Song of Sixpence. Try making up some actions to go along with the rhyme.</p> <p>Share the story The Magic Porridge Pot.</p> <p>Share the story Supertato.</p> <p>Mark-making Lines practice.</p> <p>Name practice: using coins or with messy materials.</p>	<p>Learn and practice the counting rhyme One Two Buckle My Shoe.</p> <p>Practice Un Bys, Dau Fys counting song in Welsh.</p> <p>Make a DIY Kitchen Puzzle to practice shape matching. See below for examples.</p> <p>Learn how to play Hopscotch. Simplify rules to suit your child.</p> <p>Practice Number formation rhymes using coins or in messy play.</p> <p>Play BBC Bitesize Number game.</p>	<p>Cook something together.</p> <p>Look at "What do humans need to stay healthy?". Discuss healthy habits and make (or print) a simple chart for your child to record healthy habits. See below for examples and printable links.</p> <p>Play Minute to Win It games. Games like the straw games support speech development. These are good fun for the whole family. Here are two extra links with examples: here and here. Adapt the games as needed for your child.</p>	<p>Ask questions to find out favourite fruits of others and record using a simple pictogram in JIT. See below for instructions.</p> <p>Try the M&M experiment or the Skittles experiment. Try using cold, warm and hot water; and talk about what differences your child can observe.</p> <p>Is it liquid or solid? Make gloop together and explore its scientific properties. Click here for a recipe and extra information about what gloop.</p>	<p>PE with Mr. Rees.</p> <p>Play games that help develop gross motor skills. See below for game ideas.</p> <p>Share the story Supertato. Set up a messy area for your child to mash some "evil peas" with a potato masher, fork or their fingers.</p> <p>Messy Play with porridge. Try dry porridge play to recreate the Magic Porridge Pot story. Try wet porridge messy play and provide different utensils and bowls for stirring and scooping.</p>	<p>Mud Play: Make a small mud kitchen area outdoors if you are able. Click the link to read more and how to start off small.</p> <p>Paint a picture with mud. You can make your own brushes using items from your home and garden. See below for examples.</p> <p>Make DIY sidewalk chalk paint if you have corn flour.</p> <p>Make DIY water colour paint if you have old dried up felt pens.</p>

DIY Kitchen Puzzle to develop Numeracy:

The pictures are examples of a Numeracy activity that we do often in the Nursery. Start really simple with objects that are very different shapes; then make it more complex to suit and challenge your child.

If your child is quite confident with your puzzle, let them choose objects and help them to make their own puzzle.



 My Healthy Habits Chart Keep a record of your healthy habits.							
Healthy Habits	✓	✓	✓	✓	✓	✓	✓
I wash my hands.							
							
I brush my teeth.							
							
I eat healthy foods.							
							
I exercise.							
							
I bathe daily.							
							

	S	M	T	W	T	F	S
Packed a bottle of water and drank it throughout the day 							
Ate a fruit or vegetable at each meal 							
Replaced a sugary drink with water 							
Did 30 minutes of exercise (adults) or 60 minutes (kids) 							
Went on a family walk or were active together 							
Got a good night's sleep 							
Watched less than 1 hour of TV 							
Encouraged a friend or family 							



NAME: _____ MONTH: _____

MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

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Try _____ new foods to earn a special reward!

After watching the "What do humans need to stay healthy?" video, discuss with your child healthy habits that we should do every day. Can your child remember the basic healthy habits like eating fruit and vegetables, exercising and washing hands? Discuss other healthy habits like eating/drinking less sugar, trying new foods and getting good sleep.

Draw out and make your own healthy habits chart with your child that they can colour, tick or put a sticker on.

[Click here for a simple printable chart.](#)

[Click here for the Try Something New chart.](#)

Favourite Fruits (DCF Task)

This is a Digital Curriculum task. If you do this activity in JIT, do it alongside your child and help them. Alternatively, do the activity with your child on paper.

DCF Skills:

- Save work by clicking on an icon.
- Navigate through a piece of software using internal menu to find desired item.
- Describe in response to questions some of what has been done in the task, e.g. add comments using recording feature in software.
- Gather data using objects.



Activity:

Have everyone at home taste a range of fruits. Encourage your child to think about their favourite fruit. Load the JIT pictogram tool. (Click on the orange JIT5 icon and click Pictogram in top right and select fruit.) The default fruits at the bottom can be edited. Show your child how to click on the plus and minus symbols to add or take away choices. Help your child to count how many people liked which fruit the most. Name the pictogram and show your child the symbol to click to save.

Note: For older children, ask everyone to pick 2 favourites and fill in the chart.



Enhanced:

Provide a blank pictogram in JIT5. See if your child can choose their own foods to put in the boxes at the bottom. Encourage your child to ask others to help fill in the chart. Which food do most people like the best? Name the file and ask your child if they remember how to save. It doesn't matter what this ends up looking like; as playing with the software is the experience.

Key Questions:

- How did you put your fruit choice onto the pictogram?
- What did you find out from the pictogram?
- How did you make a pictogram of your own?
- Have you saved your pictogram?

Don't Touch the Lava! Pretend the floor is lava (or water full of deadly alligators). Use household items to lay paths around the room or between rooms. Use large items and small items. Encourage jumping, stretching, and standing on one foot. Pieces of furniture can be included as safe to stand or climb over. Spots can be placemats, pillows, pillow cases, tea towels, paper plates, or cardboard.



DON'T TOUCH THE LAVA!

gross motor & learning game



SHARK RUN

core strength game for kids



Shark Run! Try to get safely across a space without turning around. While standing on the 2nd cushion, reach behind and bring the other cushion over the back and head to place in front without turning around. Make shark fins from cardboard and place around for your child to navigate through. Good balance & coordination.



Simple Arcade Game
This is really good for upper body gross motor skills. Cut a hole in a cardboard box slightly bigger than the ball. Encourage your child to hold the outside of the box and rotate to get the ball through the hole.

Obstacle Maze: Using walls, furniture or doors create a maze that you navigate with your whole body. Use ribbon, crepe paper, toilet roll or masking tape. Create gaps where your child can go over, under and through an opening. Maybe create a challenge to rescue a toy or treat from the other side.

GROSS MOTOR INDOOR PLAY

OBSTACLE MAZE



Examples of DIY paintbrushes using common items.

