



Ourselves

	Activity	What to do	Useful websites or apps	How to record learning.	Area of learning	Some extra Learning
Monday	<p><u>Counting hands</u></p>  	<p>Using a pen, pencil or felt tip draw around your hand (you might need to get a grown up to help you with this). Then have a go at cutting them out, cut around all of the fingers so that you can move them freely. You could even use an old cereal box or some cardboard to make them extra strong.</p> <p>Once you have made your hand, you can decorate it in a range of ways. You could choose your best colours, most creative pattern or even turn your fingers into your favourite animal/object/people. Once you have done that you can then use them to sing finger-counting rhymes.</p> <p>You could also use these hands for measuring. You can measure how many hands tall you are, how many hands tall a grown-up is or even your best toy.</p>	<p>Here is a video that shows you how to count using your fingers. https://www.youtube.com/watch?v=enwOdsDpSNM</p> <p>Or 5 little ducks: https://www.youtube.com/watch?v=x-KQvzuxtMc</p> <p>Or 5 little men in a flying saucer: https://www.youtube.com/watch?v=7_1-TrP9jwA</p>	<p>Take pictures of your child doing the activity at different stages and bring them into nursery on your return or send them to us at Info@ronaldopenshaw.newham.sch.uk with some information about what they are doing. (Don't forget to put your child's name and class on the email heading).</p>	<p>Communication and Language, Understanding of the World, Mathematics, Physical development and Expressive Arts and Design.</p>	<p>We want you to think about all the ways in which you can move your bodies.</p> <ul style="list-style-type: none"> • How can your arms move? • How can you move your hands and fingers? • How can you move your shoulders, your body and your hips? • How can you move your legs? • How do you move your ankles and your toes? <p>Can you move all of these body parts to music? Have a try at a few of these dance moves to get you moving: Milkshake: https://www.youtube.com/watch?v=dNL6RwymoNg Trolls: https://www.youtube.com/watch?v=KhfkYzUwYFk Peanut butter: https://www.youtube.com/watch?v=wPCGfa44bFO</p>

<p>Tuesday</p>	<p><u>Make a family tree</u></p> 	<p>You can have a go at making your very own family tree. You can get a grown up to help you. If possible, ask a grown up to find some old photos to cut out or you could have a go at drawing your family members from your memories or from photos.</p> <p>Then once you have created your family portraits, you could have a go at drawing your own tree or get a grown up to help then once it's done, put your family on your tree.</p>	<p>What you might need: Pens, paper, scissors, photos and paper</p> <p>Have a look here for some ideas. https://littlebinsforlittlehands.com/family-tree-activity-for-kids-sensory-play/</p>		<p>Communication and Language, Mathematics and Understanding of the World, Expressive Arts and Design, Physical development and Literacy.</p>	<p>Have you signed up for the Boromi #dailyplay email yet? They send out daily emails with different ideas to keep you busy while were not at nursery. You can sign up here: https://www.boromi.co.uk/dailyplay</p> <p>Here are a few that you might find useful:</p> <p>Feeling Faces: https://mailchi.mp/boromi/welcome-to-the-boromi-dailyplay-1501049?e=2ba108187f</p> <p>Tea party: https://mailchi.mp/boromi/welcome-to-the-boromi-dailyplay-1504509?e=2ba108187f</p> <p>Doctors: https://us5.campaign-archive.com/?u=fbf77d80b5426a97fe25e4316&id=69ac8479fa</p> <p>Boromi has a great idea for another relaxation activity https://us5.campaign-archive.com/?u=fbf77d80b5426a97fe25e4316&id=e8025a8988</p>
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<p>Wednesday</p>	<p><u>Post Box Pretend Play</u></p>   	<p>Children can role play writing and posting letters to family/friends and teachers that they are missing whilst staying at home. Use a small cardboard box, tape it to close and cut out a small rectangular window from the front and a larger, pull down flap at the back. Paint it with two coats of red ready-mix paint and then put a band of black around the bottom and some wording at the top. Children will have an amazing time posting and collecting, sorting and shuffling, arranging and delivering. Fold the letters back up, stuff them back into their envelopes and post, post, post! To make letters, chose some coloured paper to put into envelopes. The children can have a go at some mark-making to address the envelopes themselves.</p> <p>https://theimaginationtree.com/post-box-play/</p>	<p>Have a look at the journey of a letter. https://www.youtube.com/watch?v=8pFd8DLcPIY Or https://www.youtube.com/watch?v=1PSBQJBkpEY</p> <p>Maybe you could try and post your own letters to a friend or family member?</p>	<p>Take pictures of your child doing the activity at different stages and bring them into nursery on your return or send them to us at Info@ronaldopenshaw.newham.sch.uk with some information about what they are doing. (Don't forget to put your child's name and class on the email heading).</p>	<p>Communication and Language, Literacy, Understanding of the World, Physical development, Expressive Arts and Design and Mathematics</p>	<p><u>What amazing skills do you have?</u> You can challenge your child to do different things with their body for example; clap your hands, pick things up with your fingers and toes, (apart from listening I wonder what else you can do with your ears..) etc. Take picture and add a speech bubble for each body part.</p> <p>We would also really like you to let us know any new things you have been learning at home, getting dressed by yourself, using the toilet, feeding yourself, writing your name, not having a bottle or dummy, sleeping all night. We love being proud of you!</p>
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<p>Thursday</p>	<p><u>Clothes Stories</u></p>    	<p>Have a look at the clothes in your wardrobe. Do you have different clothes for different things? For example you might have special clothes for wearing to parties or to religious event. Do a fashion show for your family! Ask your family to tell you stories about the different times that you have worn the clothes or about when they wore special clothes when they were young. You can tell them what your favourite outfit is and why, and they can share their favourite clothes with you.</p>	<p>As a bit more of a challenge, can you try getting dressed all by yourself?</p>	<p>Send us a photo of you in your favourite outfit with a story about when you wore it. Info@ronaldopenshaw.newham.sch.uk don't forget to put your child's name and class on the email heading).</p>	<p>Communication and Language, Mathematics and Understanding of the World, Expressive Arts and Design, Physical development and Literacy.</p>	<p>Do you remember any songs about body parts? Could you try Showing your family the ones you know, you could even teach them some?</p> <p>Here are some of our favourite 'Head, shoulders, knees & toes': https://www.youtube.com/watch?v=fvEtwhui1k0</p> <p>or 'Tommy thumb' https://www.youtube.com/watch?v=Nj3QkN6mHbM</p> <p>OR Have a watch of the story 'From Head to Toe' By Eric Carle https://www.youtube.com/watch?v=Vjum-5bNmz0</p>
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<p>Friday</p>	<p><u>Measuring for Fun Learning</u></p>  <p>Tape measure and ruler for learning fun!</p> <p>Measure Items on your child's body and items around the home.</p>	<p>Children can measure themselves withiest having fun as they can lie onto big sheets of paper and a grown-up older sibling can trace around. Using a tape measure or ruler children can identify the numbers on the measurements and can discuss the length of themselves and objects being measured. This was a good introduction to measuring. Children can trace around their hands and feet and find objects around the house that are the have the same length or width and compare them as they trace around the objects. After this the children may want to decorate their trace on the paper to how they see themselves similar to a self-portrait but including details such as clothing.</p> <p>https://beaconvillages.wordpress.com/2013/03/14/measuring-for-fun-learning/</p>	<p>Have a think about what else you could, use to measure and what else you can measure?</p> <p>What about these:</p> <ul style="list-style-type: none"> • Feet • Toys • Grown-ups hands • Blocks • Boxes • Tins • Etc. 	<p>Take pictures of your child doing the activity at different stages and bring them into nursery on your return or send them to us at Info@ronaldopenshaw.newham.sch.uk with some information about what they are doing. (Don't forget to put your child's name and class on the email heading).</p>	<p>Communication and Language, Mathematics and Understanding of the World, Expressive Arts and Design, Physical development and Personal, Social and Emotional development.</p>	<p><u>Torch and song activity</u></p> <p>Use the song below to encourage your child to talk about the different body parts. When you put the light on for example their ear ask; I wonder why we have ears...</p> <p>Sparkling lights (Tommy thumb tune) Sparkling lights, Sparkling lights, Where are you? [Place the torch light onto different body part] On your [?] On your [?] On your [?]</p> <p>Then you can write your own 'I can' story with your child (use the pictures you have taken as you sang the song to create your story. This will encourage your child to recall what they have done and talk about it.) For example: My name is I can nod my head up and down to say YES I can shake my head left to right to say NO. I can blink my eyes so many times.</p>
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Self Portraits

What you need: a mirror, paper, pens, pencils, felts, paints

What to do:

You can have some fun with this provide your child with a mirror and allow them to copy what they see. Or you can ask your child to simply draw themselves on paper using their imagination. At nursery we focus on all marks being special, even what some might call a squiggle.

Tips on how to Draw a Face (the technical version)

- Start by drawing an oval shape
- Using a ruler, faintly draw a vertical and horizontal centre line
- Underneath the horizontal centre line, draw another line between this and the bottom of the oval
- Measure halfway between the last line just drawn and create another line across
- Draw on some eyes on the horizontal centre line
- Draw a nose on the line underneath the eyes
- Draw a mouth on the line underneath the nose
- Add some eyebrows, ears and hair
- Erase any faint outlines and lines that are covered by the hair

Check out these websites that give a little more information on the importance of mark making.

<https://www.charnwoodnursery.org.uk/wp-content/uploads/Mark-making-and-prewriting-Parents-guide.pdf>

<https://www.pacey.org.uk/mark-making/>

<http://www.earlyyearsresources.co.uk/blog/2018/04/mark-making-importance/>



Can you walk the Line

What you need: Painter Tape, an active child and a participating parent.

What to do: Start by clearing a space then using your painters tap or masking tape to create lines on the floor. Make a range of different lines in different patterns. For example straight, wavy, zigzag, and a mixture of the three. Once you have done this you can take turns to follow the lines.

Then you can have a try at some challenges:

- Can you hop on the line
- Can you crawl on the line
- Can you skip on the line
- Can you dance on the line

The possibilities are endless...



Expressing emotions with food

Children can create faces to express different emotions. They can use a variety of fruits, veggies and snack foods. This will give children to opportunity to discuss their feelings and can be a good time to encourage them to tell a story relating to a certain emotion.

<https://www.pinterest.co.uk/pin/565201821987300601/>



Also if you would like a little more help and advice in supporting both you and your child through this emotional time have a look at the NSPCC website

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

Country Flag: Wind Catcher

You will need:

- Paper of your country flag
- Tape
- Scissors
- Ribbon of country flag
- Hole Punch, anything to make some holes

To Begin:

- First, take your sheet of coloured paper long ways and trim a strip of paper about 2 inches from the top. Set this strip aside.
- As shown in the video, take the larger piece of construction paper and roll it to make a cylinder - both ends should be touching. Secure with a piece of tape.
- Whip out the 2-inch strip you cut earlier and add a piece of tape to either end. Attach one side to the top of your cylinder and the other end directly across from it - this should form a handle.
- Next, using your hole punch, punch holes along the bottom about 2 inches apart from each other.
- Using your scissors and a ruler, measure and cut your ribbon into 12-inch strips. You want to have roughly the same amount, but enough to fit into the holes you just punched.
- Thread the ribbon through a hole, tie a knot in the middle and let the tails hang.
- Repeat step 6 while alternating ribbon colours to fill all of the holes punched.
- Finally; decorate your wind catcher.

Hang and enjoy!

<https://www.mycorwin.com/flag-day-windcatchers/>



Making identity flags that represent you

The purpose of this is to explore ourselves and to recognise key elements in our life, which make us who we are.

Explore yourself and select elements of your identity by observing yourself, for example, name, age, culture, religion favourite colour and other important things, which matter to yourself

- On a piece of paper, create a flag which combine the key elements of your life, which you think, makes you who you are.
- Parents can help and ask questions:
 - Like what cultural occasions they celebrate.
 - What country we come from or raised in.
 - And other important information which might be hard for them to think of independently