

Personal, Social and Emotional Development

Things I Like About Myself

Draw 3 things you like about yourself, if you struggle, ask a parent or someone in your family, they will see the best in you. Remember these things and remind yourself of them when you are feeling sad or upset.

Daily **mindfulness** practice can see children reduce stress and anxiety, increase concentration and engagement, sleep better, improve social skills, and develop problem-solving and decision making skills.

Try some yoga. Please see link below

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

Physical Development

This week do 'I can do it' Patty Shukla. See link below:

<https://www.youtube.com/watch?v=TfSx50Cnk0U>

Dough Disco-I like to play dough action song and challenge. See link below:

<https://www.youtube.com/watch?v=BOLR3pQt8zq>

Make toast (with an adult) using a knife to spread butter and topping of choice.

Communication and Language

Simon Says

Players take turns to give an instruction.

If the player starts the sentence by saying "Simon says..." your child must follow the instruction.

If "Simon says..." is not used at the start of the sentence, your child shouldn't follow the instructions.

This can be played with instructions of varying difficulty or you could use pictures to help.

Literacy

Share the story – Your Body, My Body SKIN

Talk about how we are all different...

PEOPLE COME IN ALL SORTS OF SHAPES AND SIZES.

Chat about the pictures in the story – What can you see? Ask an adult to read the story with you.

Now have a look at yourself in a mirror and tell an adult what you see. What colour is your skin? Do you have rosy cheeks? Have you got any freckles? Take a look at your family. Do they have the same colour skin as you? Touch your skin-does it feel soft? Look at somebody young in your family and somebody older. Does their skin look the same as yours?

Now draw a picture of yourself and write your name. **Challenge:** Draw a picture of your family.

Mathematics

This week's number is **1**.

Please see resource for number activities.



Keep up the good work children and we hope to see you all soon.

Have fun...

Understanding the World

Activities for scientific exploration and investigation:

Play 'what's in the box' feely game – make a hole in a cardboard box – put in an object (key, ball, cotton wool, spoon, straw)– use words to describe how the object feels before saying what it is...hard, smooth, round, soft, bendy, bumpy, etc.

Expressive Arts and Design

Go on an autumn walk around your garden with a grown-up and collect some autumn leaves. Use these leaves to make a picture or collage.



Welcome to week-1 Nursery 'Home Learning'.



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