





<p>Morning</p> 	<p>Look out of the window- what is the weather like today? What day of the week is it? Make a calendar of the month and cross off the days.</p> <p>Can they help to choose their clothes? Why do they like those clothes? Why have they chosen those? Do they match the weather? How? Can they dress themselves?</p> <p>Make something together- with junk/lego/bricks/craft/cooking- or make up a new song, just dance or workout! Take photos and send them to us. Create a drawing about last night's story/write a letter/write a shopping list/write a story together and email it to: nurserysupport@sevenmills.towerhamlets.sch.uk</p>
<p>Afternoon</p> 	<p>Try new fruits or vegetables- describe how they look/feel/taste. Remember to let your children see you eating these things too.</p> <p>Count at every chance- stairs/snacks/jumps/cutlery. Get some energy out! Do some dancing or exercise! If you have a garden- do some gardening, find some bugs to look at and talk about, or play out. If not, have you been going out for your 1 hour's exercise?</p> <p>Sing some of our phonics/letter songs Sing some of our number songs (found on our 'class pages' on the school website)</p>
<p>Evening</p> 	<p>Can they help with dinner? Can they butter the bread, peel the carrots or wash the salad? Are they trying new foods?</p> <p>Are you phoning friends/relatives? Can they have a chat on the phone?</p> <p>Play in the bath- talk about which container would hold the most/least water. Test it. Talk about it.</p>
<p>Bedtime</p> 	<p>Sing favourite songs before bed- use our song sheets or BBC Nursery Rhymes & Songs</p> <p>Read a favourite storybook before bed together. Talk about the pictures. Follow the text with your finger as you read. Find the first letter of your child's name, "Look, there's your..."</p>