

## Gross Motor Skills

### Yoga

Keep active with this yoga video. Can you move your body in all of these different ways? You will recognise the story!

<https://youtu.be/KAT5NiWHFIU>

Can you try these ones too? What about your grown up, can they do it too?



## Messy Play

### Edible Paint

Mix together food colouring and natural yogurt to make edible paint.

Children can get creative with their colours and enjoy some messy play.

Using this in an empty bathtub is a good way for children to express themselves and get messy but making the tidying up nice and easy!



## Science

### Cleaning pennies

A quick and easy experiment magically transforms an old penny into a nice sparkly one.

You will need: salt, vinegar, a bowl and some pennies.

Take some dirty pennies from a coin jar or purse.

Pour 1/4 cup of vinegar and into the bowl.

Sprinkle 1 tsp salt into the vinegar.

Stir.

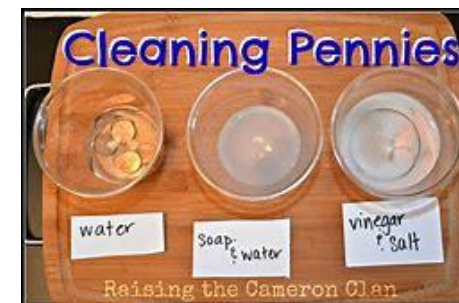
Drop a pile of pennies in the solution.

Swish.

Wait a minute or however long the attention spans of the children are.

Rinse and dry the pennies.

Compare them to some dirty pennies. Can you see the difference?



## Health and Wellbeing

### Ready, Steady, Go!

Discuss how to cross the road safely and practice doing this when walking for exercise and when going to the shops.

Make or draw your own set of traffic lights and talk about the colours and order of the traffic lights and what each colour means. Talk about things you need to look out for when crossing the road.



## Art

### Rocket Ship

You will need:

- Cardboard tube (kitchen roll tube or foil tube)
- Glitter
- Tissue paper or any colour paper available at home
- Clear tape
- Glue
- Scissors

#### INSTRUCTIONS

Cut the tube to the length your child would like the rocket ship to be.

Cut out some star shapes and cones.

Stick on the stars and sprinkle on glitter.

Allow the tubes to dry.

Curve the cones and use glue or clear tape to stick the borders.

Once the tubes and cones are dry, use glue to stick the cones on top of each tube.

Roll the tissue paper to insert in the other side of the tube using glue to secure it.

Now your rocket ship is ready to blast off!



## Literacy



### Letter Hunt

On a piece of paper write letters from the alphabet, sound out a letter such as B. Using a dot marker see if the child can identify each letter B and b, you can do a mix of upper and lower case. If you don't have dot markers on hand, you can circle the letters with crayon or pencil.

## Music

### Musical animals

Play music from the radio/phone/cd player. Choose someone to be the D.J to stop the music. Play the music and have a dance party! When the D.J stops the music, they shout out an animal and the people who were dancing then turn into that animal with the noise as well as the action some examples are;

Dog – Go on all fours and woof/bark like a dog!

Bird – Flap your arms like wings and squawk like a bird!

Snake – Onto your tummy and Ssss like a snake!

Elephant – Stomp those feet and swing your arm like a trunk!



### Music from other countries

We are a multicultural nursery and enjoy listening to music from other countries. Ask your adult for a scarf, tie or using ribbons and listen to the music and have a dance! Here are some examples;

Tibet - <https://youtu.be/nsqf73NJgv0>

China - <https://youtu.be/fw1QAcnYw2c>

India - <https://youtu.be/YYX8e8I55zs>

Spain - <https://youtu.be/RhHFmbYaVAI>

Poland - <https://youtu.be/ga4EQkT3VrU>



### Fine Motor Skills

#### Free the Animals!

You will need:

- Toy animals
- Scissors
- Strips of paper/wool/ribbon

Instructions:

Wrap the strips of paper/wool/ribbon around the toy animals that you have.

Once wrapped tightly move onto the next Animal until they are all wrapped up.

Once all of the animals have been trapped, use your scissor skills to try to free the animals as quickly and safely as you can. Make sure you don't cut the animals!

Challenge yourself to do it more quickly each time but remembering to keep safe with the scissors!



Free the Animals!  
PRACTICING SCISSOR SKILLS



Itty Bitty Sunshine

### Numeracy

#### Measurement

You will need: a ruler and or measuring tape

Measure and compare the length and height of things in your house and garden.

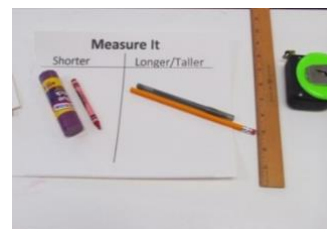
Look at the measuring tape/ruler and see where the numbers start and how they go up. If you put a pencil beside the ruler or measuring tape starting from 0 at the bottom, what number is beside the top of the pencil?

Some ideas you could try are:

Measure your toys and see if any are the same. Find something that is the same length or height.

Count the numbers on the ruler/measuring tape?

Ask an adult to measure you and see how many toys it takes to make the same height as you.



### Rhyme

Days of the Week song <https://youtu.be/oKqAblcwFOA>

(To the tune of the Addam's family – finger snap optional! 😊)

Days of the week, (snap, snap) Days of the week, (snap, snap)

Days of the week, days of the week, days of the week. (snap, snap)

There's Sunday and there's Monday,  
There's Tuesday and there's Wednesday,  
There's Thursday and there's Friday  
And then there's Saturday! (repeat from start)



### Transition Activity

<https://bearhuntedinburgh.wordpress.com/>

I hope everyone has really enjoyed taking part in the #BearHuntEdin activities.

This is the final week of planned activities but please keep an eye on your email for further updates and activities that you can be working on throughout the summer with your child. On behalf of the Ferryhill nursery team, I wish you a safe and happy Summer break and look forward to welcoming you back to nursery or into P1 in August. For those of you moving on to other settings, I wish you the very best and ask you to keep in touch.

The nursery team have really missed the children (and each other) during this difficult time so are really looking forward to getting back to a little piece of normality in August. Please feel free to email if I can help or support you in any way. Take care and stay safe! Ms Vince. X

