

## Nursery timetable 13<sup>th</sup>-17<sup>th</sup> July 2020

Hello children! Myself, Mrs Clark and Miss Stubbs miss you all very much. We hope you are staying safe, washing your hands lots and having fun at home! Here is a plan with lots of fun activities for you do so with your adult, have fun and hopefully we will see you very soon! Love Miss. Forbes 🌈

	9:00- 9:30	9:30- 9:45	9:45- 10:15	10:15- 10:30	10:30- 11:00	11:00-11:30	11:30- 12:00	12:00- 1:00	1:00-2:00	EVENING / BEDTIME
	GROSS MOTOR (Big movement)	BREAK/ NURSERY RHYME	LITERACY	SNACK/ NURSERY RHYME	NAME/ NUMBER WRITING	MATHS	FINE MOTOR (Finger strength to help writing)	LUNCH	OUTDOOR PLAY/ WALK	STORY
MON	<b>Musical statues</b>  Play music and dance with your child, when the music stops, freeze!	<b>Suggested nursery rhyme</b> A, B, C, D, E, F, G...	<b>Rainbow Fish</b>  <a href="https://www.youtube.com/watch?v=QFQRvXhub28">https://www.youtube.com/watch?v=QFQRvXhub28</a>  Make a paper plate fish tank!  	<b>Suggested nursery rhyme</b> 10 green bottles  Remembering to use a capital letter at the beginning and lower case for the remaining of their name. Encourage your child to hold their pencil correctly, don't worry if they change half way through, it's normal!  If your child can write their name, see if they can write it smaller! Draw a box and see if they can fit their name in it	Using the name card given to you in your child's learning packs, practise writing their name with them using <b>pen and paper</b> .  Remembering to use a capital letter at the beginning and lower case for the remaining of their name. Encourage your child to hold their pencil correctly, don't worry if they change half way through, it's normal!  If your child can write their name, see if they can write it smaller! Draw a box and see if they can fit their name in it	<b>Online game</b>  <a href="https://www.topmarks.co.uk/learning-to-count/helicopter-rescue">https://www.topmarks.co.uk/learning-to-count/helicopter-rescue</a>  Play the game using numbers 1-10.	<b>Scissor skills</b>  Help your child practice cutting. You could make a 3D rainbow.  		<b>Tie Dye</b>  Using an old t-shirt or socks, go outside and make some tie dye clothes!  You can find instructions attached below.	Choose from your own collection of story books or search YouTube for some.
TUE	<b>Just dance</b>  Click the link below and enjoy dancing!	<b>Suggested nursery rhyme: hickory dickory dock</b>	<b>Monkey Puzzle</b>  <a href="https://www.youtube.com/watch?v=Dg">https://www.youtube.com/watch?v=Dg</a>	<b>Suggested nursery rhyme: Twinkl twinkl</b>	Using the name card given to you in your child's learning packs, practise writing their name with them using <b>pen and paper</b> .  Remembering to use a capital letter at the	<b>Online game</b>  Click the link below and play the online game.	<b>Paperclip chain</b>  Make a paperclip chain!		<b>Nature dragonflies</b>  Using natural resources outside,	Choose from your own collection of story books or search

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	<a href="https://www.youtube.com/watch?v=UMGdVITYKHc">https://www.youtube.com/watch?v=UMGdVITYKHc</a>		<a href="https://www.youtube.com/watch?v=XoA-3e1Jb10">eKHjLSQUM&amp;t=52s</a> Make props for '5 Little Monkeys' and sing song using them! 		beginning and lower case for the remaining of their name. Encourage your child to hold their pencil correctly, don't worry if they change half way through, it's normal!  If your child can write their name, see if they can write it smaller! Draw a box and see if they can fit their name in it	<a href="https://pbskids.org/peg/game/s/happy-camel">https://pbskids.org/peg/game/s/happy-camel</a> 		make a dragonfly and a butterfly! 	YouTube for some.
<b>WED</b>	<b>Animal yoga</b>  Use the pictures attached below to take part in doing some animal yoga!	<b>Suggested nursery rhyme:</b> Shoo fly	<b>Dear Zoo</b>  <a href="https://www.youtube.com/watch?v=XoA-3e1Jb10">https://www.youtube.com/watch?v=XoA-3e1Jb10</a>  Learn and sing 'Down in the Jungle'. Here is a link to the song: <a href="https://www.youtube.com/watch?v=rVglZ-akvw">https://www.youtube.com/watch?v=rVglZ-akvw</a>	<b>Suggested nursery rhyme:</b> little peter rabbit  Remembering to use a capital letter at the beginning and lower case for the remaining of their name. Encourage your child to hold their pencil correctly, don't worry if they change half way through, it's normal!  If your child can write their name, see if they can write it smaller! Draw a box and see if they can fit their name in it!	<b>Size ordering</b>  Using toy animals or drawn pictures, order the animals from 'Dear Zoo' from largest to smallest.	<b>Playdough</b>  Make some playdough with the recipe attached below!		<b>Leaf rubbings</b>  Using crayons, leafs and paper, do some leaf rubbings outside! 	Choose from your own collection of story books or search YouTube for some.

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<p><b>THUR</b></p>	<p><b>Long Jump</b></p> <p>Go outside and practice the long jump on some grass.</p>	<p><b>Suggested nursery rhyme:</b> down in the jungle</p>	<p><b>Elmer</b></p> <p><a href="https://www.youtube.com/watch?v=ZFrD18XLmiM">https://www.youtube.com/watch?v=ZFrD18XLmiM</a></p> <p>Paint an Elmer! Use an old sponge and cut it into small squares to make a sponge paint Elmer!</p> 	<p><b>Suggested nursery rhyme:</b> Row your boat</p>	<p>Using the name card given to you in your child's learning packs, practise writing their name with them using <b>pen and paper.</b></p> <p>Remembering to use a capital letter at the beginning and lower case for the remaining of their name. Encourage your child to hold their pencil correctly, don't worry if they change half way through, it's normal!</p> <p>If your child can write their name, see if they can write it smaller! Draw a box and see if they can fit their name in it</p>	<p><b>Counting</b></p> <p>Count each coloured square from your Elmer sponge painting! Which colour has the most? Which colour has the smallest number?</p>	<p><b>Dough Disco</b></p> <p>Using the playdough you made yesterday, go to the dough disco!!</p> <p><a href="https://www.youtube.com/watch?v=o9D5lfaZF3o">https://www.youtube.com/watch?v=o9D5lfaZF3o</a></p>		<p><b>Bug Hotel</b></p> <p>Make a bug hotel using different resources from outside.</p> 	<p>Choose from your own collection of story books or search YouTube for some.</p>
<p><b>FRI</b></p>	<p><b>Just dance</b></p> <p>Click the link below and enjoy dancing!</p> <p><a href="https://www.youtube.com/watch?v=eYMni0l8g6Y">https://www.youtube.com/watch?v=eYMni0l8g6Y</a></p>	<p><b>Suggested nursery rhyme:</b> I'm a little teapot</p>	<p><b>Aliens Love Underpants</b></p> <p><a href="https://www.youtube.com/watch?v=ADnAGBWlzaE">https://www.youtube.com/watch?v=ADnAGBWlzaE</a></p> <p>Get an old pair of underpants and decorate them using</p>	<p><b>Suggested nursery rhyme:</b> A, B, C, D, E, F, G...</p>	<p>Using the name card given to you in your child's learning packs, practise writing their name with them using <b>pen and paper.</b></p> <p>Remembering to use a capital letter at the beginning and lower case for the remaining of their name. Encourage your child to hold their pencil correctly, don't worry if they change half way through, it's normal!</p>	<p><b>Online game</b></p> <p><a href="https://www.topmarks.co.uk/ordering-and-sequencing/shape-patterns">https://www.topmarks.co.uk/ordering-and-sequencing/shape-patterns</a></p> <p>Play the game and complete the patterns!</p>	<p><b>Threading</b></p> <p>Thread cheerios onto dried spaghetti. Encourage your child to count the cheerios on one by one.</p>		<p><b>Walk</b></p> <p>Go on a walk somewhere new! Enjoy your summer!</p>	<p>Choose from your own collection of story books or search YouTube for some.</p>

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			pens, glue and other crafty things		If your child can write their name, see if they can write it smaller! Draw a box and see if they can fit their name in it					
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<p><b>ELEPHANT POSE</b> (WIDE-LEGGED STANDING FORWARD BEND)</p>  <p>I have a strong body.</p>	<p><b>CROCODILE POSE</b> (PLANK)</p>  <p>I am calm.</p>	<p><b>TURTLE POSE</b> (CHILD'S POSE)</p>  <p>I am patient.</p>	<p><b>PUPPY POSE</b> (DOWNWARD-FACING DOG)</p>  <p>I am friendly.</p>	<p><b>FLAMINGO POSE</b> (TREE POSE)</p>  <p>I am beautiful.</p>	<p><b>RHINO POSE</b> (TRIANGLE FORWARD BEND)</p>  <p>I am a leader.</p>
<p><b>TIGER POSE</b> (CAT POSE)</p>  <p>I am brave.</p>	<p><b>COW POSE</b> (COW POSE)</p>  <p>I am kind.</p>	<p><b>BUTTERFLY POSE</b> (BUTTERFLY POSE)</p>  <p>I am unique.</p>	<p><b>COBRA POSE</b> (COBRA POSE)</p>  <p>On the exhale, make the 'shhh' sound to slither like a snake.</p>	<p><b>BAT POSE</b> (FORWARD BEND)</p>  <p>Focus on your breathing. Can you feel the air moving in and out through your nose?</p>	<p><b>GIRAFFE POSE</b> (EXTENDED MOUNTAIN POSE)</p>  <p>I reach for the stars.</p>

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# PLAYDOUGH RECIPE!

# RECIPE CARDS!

AS SEEN AT CHILDCARE EXPO!

## MRS MACTIVITY'S NO BAKE PLAYDOUGH RECIPE

**INGREDIENTS**

- 2 cups of flour
- 4 tablespoons of cream of tartar
- 2 tablespoons of vegetable oil
- 1 cup of salt
- 2 cups of boiling water

**FOR THE EXTRAS:**

- Food colouring
- Scents (herbs, oils, juices)

**HOW TO MAKE**

- Mix the flour, cream of tartar and salt together in a bowl.
- Add the hot water and oil and keep stirring until you get a nice ball of dough.
- It will still be a little hot, so leave to cool.
- Once it has cooled, use a hard surface and knead your dough repeatedly until it is smooth. This will help to get rid of the stickiness.
- Store in an airtight container until you need it!

**EXTRAS!**

**Colour**  
To colour your playdough, add a few drops of food colouring to hot water before adding to your dough.

**Scented dough**  
You can add a variety of scents, herbs and other things like lavender to your playdough to give it a nice smell.

**Texture**  
Try adding things like sand, seeds, glitter or petals to your playdough to add texture.

**Shine**  
Want your playdough to shine? Add a few drops of glycerin.

www.mrsactivity.co.uk

## Neon Tie Dye Spiral Tee



Start with:  
Tulip One-Step  
Tie-Dye Kit in Neon  
& White Tee

