REMOTE LEARNING – Wednesday 3rd February



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“Hello everyone, how are you, how are you today?”

Today, I’m feeling energised because I’ve just finished doing my exercise class! I’m also feeling a little bit sad today because it’s been a long time since I’ve seen my best friend and it’s her birthday today. I’m going to cheer myself up and phone her and sing ‘Happy birthday’ to her!

Self help

Today your teachers would like you to try one of the jobs at home that you find tricky. Remember when you’re at nursery and ask for help, we always like you to have a go by yourself first? If you made a superhero mask yesterday then maybe you can put it on to help you with your tricky job? You will make yourself, your grown ups and your teachers feel really proud when you can do your tricky job all by yourself 😊!

Fine motor / muscle stamina

Let’s keep on practising our cutting skills because that’s how we learn to get better at something. Yesterday you used scissors to cut out your superhero mask. Today, your teachers would love to see how you’re getting on with making snowflakes? Or you could cut out some shapes and make your own snowman?

Did you play out in the snow yesterday? How did it feel? Soft, rough, squishy, smooth, hard, prickly, bumpy? Did you feel it on the ground? Did you make a snowball? How did it feel then? The same or different?

Gross motor

Yoga helps superheroes to feel calm and relaxed after a busy day doing superhero jobs! The teachers need your help please superheroes! We don’t know what a superhero pose looks like! Are you up for the challenge? Ask your grown up to take a photo of you doing your Superhero pose and send it to Nursery. We’re feeling excited about seeing them!!!

Story time

Switch your listening ears and looking eyes on because it’s story time and challenge time all at once but you’re a super hero so you’re going to win this challenge!!

You might know the story that Mrs Henderson is reading today? It’s called ‘Goldilocks and the Three Bears’. If you do, then you can help her and read along. Can your looking eyes find things in the story that feel soft and things that feel hard? Use your sense of touch and see if you can find something in your house that feels soft and hard? If you made a texture box then you might find something in there?

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