REMOTE LEARNING DAY TWO

Self-help

Handwashing/Drying hands is something we have all been doing lots of at nursery. Can your child wash their hands for 20 seconds? To help us with this we sing a song, *“Rub and rub and rub and scrub, rub and rub and rub and scrub, rub and rub and rub and scrub, lets all do the hedgehog dance.”*  Drying our hands can be a bit tricky too, can your child dry their hands properly?

Using a knife/fork and spoon is an important skill needed to help children with their fine motor development which is needed to encourage writing. Can your child hold/eat with a knife and fork? Here is a helpful NHS website to show the benefits of using a knife and fork correctly. https://[www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/using-a-knife-and-fork-information-sheet/](http://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/using-a-knife-and-fork-information-sheet/)

Gross motor

It’s time for Write Dance!! Today we will be learning how to make different marks on paper whilst singing one of our favourite songs ‘The Wheels on the Bus’. Write Dance uses gross movements which helps children learn the skills needed for them to write. If you would like to know more about this approach please visit their website. <https://writedancetraining.com>

Fine motor / muscle stamina

Now its time to find your writing tools! You can use lots of different things to make your marks. Felt tips pens are great, as they are easy for your child to hold and to make marks with. Crayons and pencils are slightly more difficult as you need to apply more pressure for them to work. Don’t worry if you do not have any of these. You can also use your finger/stick to draw in the snow or even use a finger to draw on each other’s back. We are excited to hear what you chose to use!

Ask your child to use their ‘pinchy fingers’ to hold their tool (this is shown on our Facebook demonstration). Practise using both hands throughout this activity.



Story / song time

Now for the fun to start! Watch our demonstration on Facebook which will explain what you need to do. Have lots of fun with this activity, we can’t wait to hear how you have done!