



Dear Parents/Carers,

We hope you and all your families are all well. We would like to share some more useful websites and fun ideas for you to try at home. I hope that this will continue to help keep your children active over this time of uncertainty. Do not be worried about covering the curriculum during this time of closure as much of what we do is from real life experiences, learning through play within your home. Enjoy the Easter holidays! We are here to help. So first:

# HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

@BELIEVEPHQ      www.BelievePerform.com

- LOVE**  
Be there for your child and show care and love
- EXERCISE**  
Encourage play, exercise and sport
- BEHAVIOUR**  
Keep an eye out for any changes in behaviour
- SUPPORT**  
Regularly support, encourage and praise your child
- REST TIME**  
Help your child to manage stress by building in some rest time
- BE PROUD**  
Tell your child that you are proud of them
- PATIENCE**  
Be patient. Don't pressure your child
- HELP**  
Don't be afraid to seek help from professionals
- FEELING**  
Get to know how your child is feeling
- EDUCATE**  
Educate yourself about mental health problems
- PROBLEM SOLVING**  
Help your child to effectively problem solve
- LISTEN**  
Make sure you take time to listen to what your child has to say
- COPING**  
Help your child to learn some simple coping skills such as relaxation
- SYMPTOMS**  
Be aware of signs and symptoms
- CONVERSATION**  
Encourage your child to engage in conversation
- ENVIRONMENT**  
Provide a positive environment for your child where they can thrive

Now for some Fun Activities:

Make Your Own Paint!



Lock Down Memory Picture



Why not get your children to design their handprint with various arts and crafts to create this wonderful frame. You may even want to add your pet's print.

**LETS GET CREATIVE**

were IN THIS TOGETHER

## Hoop de hoop

**WHAT YOU NEED**  
Kitchen roll tube  
6 paper plates  
Tape  
Paint  
Scissors

**HOW TO MAKE**

1. Cut six small cuts around the bottom of kitchen tube.
2. Secure the cut flaps to a plate with tape.
3. Cut out the inside circle of remaining 5 plates (these make great masks so don't dispose of).
4. Paint the hoopla pole and base and then each ring differently.
5. We like to use tape on the floor for a starting line.

**ENJOY YA HOOP DE HOOP**

Katie's Garden  
DURHAM

It is Time for Your Children to Explore the World around Them



## 30 DAYS OF PHOTOGRAPHY

1. Stripes
2. Clouds
3. Water
4. Flower
5. Yellow
6. Patterns
7. Shadow
8. Morning
9. Love
10. Animal
11. Happiness
12. Letterbox
13. Nature
14. Lunch
15. Comfort
16. Handwriting
17. Thankful
18. Black and White
19. Small
20. Symmetry
21. Movement
22. Smiles
23. Breakfast
24. Springtime
25. Purple
26. Books
27. Silly
28. Reflections
29. Food
30. Home



CHRISTIAN MICHAEL  
ARTIST



Children could take photos and experiment with the camera/phone/iPad/tablet. Perhaps draw/design/make their favourite photo of the day using things they may have collected along the way.



Let us get Creative.



Starcatchers' #WeeInspirations Have some fun, save your sanity **STORY**  
**MAPS**

## THE BASIC IDEA

Go for a walk and draw a rough map of where you went. Chat it through as you draw "We passed the school, then where did we go?"

### OVER TO YOU, WEE ONE

Follow their instructions and/or let them take over the drawing as you chat

**Top tip:** It's not about being accurate, it's about sharing the experience

- Draw a map as you share a story "what did they pass next on the bear hunt?"
- Make a treasure map together and let your wee one lead you round the house on an adventure

## CHEEKY BONUSES

- Literacy skills
- vocabulary
- Spatial awareness
- Gives you some fresh air and exercise

## AND REMEMBER...

Start the map like it's the most fascinating thing to YOU and we ones are more likely to want to join in. It doesn't matter if it's a scribbly mess, it's all communication.



@StarcatchersUK [www.starcatchers.org.uk](http://www.starcatchers.org.uk)

The Wiggles

The Wiggles: Social Distancing



The Wiggles

Visit The Wiggles' website: <http://TheWiggles.com.au>

Like The Wiggles on Facebook: <http://facebook.com/TheWiggles>

Follow The Wiggles on Twitter: <http://twitter.com/TheWiggles>

Follow The Wiggles on Instagram: <http://instagram.com/TheWiggles>

Follow The Wiggles on Spotify: <https://ab.co/TheWigglesSpotify>

This is a great song to support children's understanding of social isolation.

**Let's get active:** Sticky Kidz. This is a great activity that supports physical fitness and listening and attention skills. As children really enjoy taking part in this at nursery I thought it would be nice to share. Here is a link - just choose the songs with your child/ren and enjoy.

<https://www.youtube.com/channel/UC4u3fUr5gb7MrMLzj6J2UA>

# Indoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS IN A BAG OR BASKET. CHECK THE BOXES AS YOU FIND EACH ONE.

- A TOY WITH WHEELS
- A BOOK WITH THE FIRST LETTER OF YOUR NAME IN THE TITLE
- A PAIR OF MATCHING SOCKS
- 4 THINGS THAT ARE GREEN
- SOMETHING VERY SOFT
- A TOY SMALLER THAN YOUR HAND
- SOMETHING ROUND
- A BOOK WITH NUMBERS IN IT
- 5 LEGOS THAT ARE ALL DIFFERENT
- A PHOTO OF SOMEONE YOU LOVE
- AN ITEM YOU CAN SEE YOURSELF IN
- AN ITEM THAT MAKES YOU FEEL COZY
- A TOY THAT HAS 3 DIFFERENT COLORS
- A MOVIE THAT HAS "S" IN THE TITLE
- YOUR SNUGGLIEST STUFFED ANIMAL

Ready for snack? Make sure everything gets put back where it belongs!

## INVENTOR SCAVENGER HUNT

primary playground

- Find something that you can turn.
- Find something that is bumpy.
- Find something that is metal.
- Find something you put together.
- Find 3 things that are round.
- Find something you twist.
- Find something shiny.
- Find something you can roll.
- Find a tube.
- Find 3 things that are squishy.
- Find something clear.
- Find something that can bounce.



A fun activity for all the family. You can also involve your family by getting them to draw pictures of the objects found within the home. Children/adults can then take turns in hiding them around the house. The person hiding them has to give clues to where they may be. To extend the activity why don't you go a nice walk locally? What can you see/hear?

## Maths @ Home



### Time

- What day is it yesterday, today, tomorrow?
- Use timers, phones and clocks to measure short periods of time.
- Count down 10/20 seconds to get to the table into bed etc.
- Recognising numbers on the clock. If you cover a number, what number is missing?

### Games

- Putting cards into piles
- Jigsaws (you can make your own by cutting up a magazine picture)
- Snap (matching pairs) or Happy Families (collect 4 of a kind)
- Snakes and ladders or other simple dice games.
- Adding numbers on two dice.
- Bingo, with numbers or shapes
- Hopscotch





# it's not "just play"

Play is an essential part of early learning.

It is the lifeblood of the learning process.

As children play they are developing the cognitive, socio-emotional and physical skills they will need to take them into a successful adulthood.

They are developing their curiosity, problem solving, intentionality, flexibility, and verbal & non verbal skills.

Socio-emotionally they are developing their emotional intelligence - learning confidence, cooperation, negotiation, sharing, empathy and how to communicate appropriately.

Physically their fine motor and gross motor skills are being practised and developed.

It's not "just play" they are  
**skills for life!**

Houses and Homes. Activities and Games.

<https://www.twinkl.co.uk>

<https://fun-a-day.com/activities-for-preschoolers-at-home/>

If there is anything else you need support with, please feel free to contact us.

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Remember we are here to help. Please stay safe and take care.

Sending love from all at Loudoun.

