



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. We hope that you are enjoying the Easter holidays! Please remember we are here to help. So first:

**Let us Keep Fit:**



<https://watch.lesmillsondemand.com/born-to-move-free>

**Let us 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>



**The Wiggles: Social Distancing**

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.

**The Big Red Bus Club**

Join Leanne and her two little bunnies on Tuesday 14 April as she reads and sings her way through the classic tale of Little Rabbit Foo Foo a little rabbit with big anger issues. Follow the link for information and activities <https://buff.ly/3b553sa>

## [K:A Leisure](#)

### Walking Back to Fitness

Join Louise for a walk as well as advice, ideas and motivation to stay active outside.

Make sure you stay up to date and follow the government's advice on being physically active outdoors during COVID-19. <https://bit.ly/2XtUWJt>

Please also make sure you're ready to exercise and check out our Health Commitment Statement at <https://bit.ly/2V5tEXd>

### BBC iPlayer launches new Children's Mode

**The BBC have launched a new kids version of BBC iPlayer, bringing together the best of CBBC, CBeebies and other kids content from the BBC in one ever so handy interface.**

With schools in the UK now closed for most children, keeping kids informed, educated and entertained at home, is more important than ever.

But let's be honest, with many of us also juggling work at the same time, it's a mammoth task.

Thankfully, the kid's iPlayer is a treasure trove of content, from hit shows like Hey Duggee, and Bing, to David Walliams classics such as The Boy in The Dress, Gangsta Granny and Mr Stink.

There is also a range of educational shows, your kids can be 'number detectives' with Numberblocks, go on adventures across the world with GoJetters, or learn about the planet's deadliest animals with Deadly 60.

And, so you can have some much-needed downtime, you can let your kids browse the full range of content, safe in the knowledge that anything they choose will be age appropriate.

There are child friendly categories for them to pick and browse from Trending, Drama, Funny, and Cartoons.

[https://www.freeview.co.uk/blogs/bbc-iplayer-launches-new-childrens-mode?utm\\_source=nmpipaidsocial&utm\\_medium=cpc&utm\\_campaign=frv002theotherway&fbclid=IwAR0uIGl1eAlm4gReuYVQBwJj0ck9WznWdbTFrKOZA7CplxAtDMayLvPk0U&gclid=CL2Vj8H\\_5egCFUbAGwodTIMMNg&gclid=ds](https://www.freeview.co.uk/blogs/bbc-iplayer-launches-new-childrens-mode?utm_source=nmpipaidsocial&utm_medium=cpc&utm_campaign=frv002theotherway&fbclid=IwAR0uIGl1eAlm4gReuYVQBwJj0ck9WznWdbTFrKOZA7CplxAtDMayLvPk0U&gclid=CL2Vj8H_5egCFUbAGwodTIMMNg&gclid=ds)



## Easy Bake Biscuits

(Choose and clean some toys to use as stampers.)

Ingredients: 200g unsalted butter, softened, 200g golden caster sugar, 1 large egg,  $\frac{1}{2}$  tsp vanilla extract, 400g plain flour plus extra for dusting

### Method

1. Heat oven to 200c/180c fan assisted/gas 6. Grease a baking tray with margarine/butter dust with flour. Put butter in a bowl whisk with fork until creamy. Beat in sugar then add egg/vanilla. Lastly add flour mix together to form a dough, if still sticky add a little more flour and knead it in.

2. Sprinkle flour on to a work top/table. Using a rolling pin/glass bottle roll out the dough to the thickness of 2 £1 coins. Next cut out shapes using shape cutters/rim of a glass/peel away left over dough. Press some clean toys gently on the biscuits making sure you make enough of a mark. Re-roll the remaining dough and repeat.

3. Gently place the biscuits onto the baking tray. Bake in the centre of the oven for 8-10 minutes or until the edges are just brown. Set a timer using your phone. Leave to cool for 5 minutes. These biscuits will keep for 3 days if stored in a biscuit tin or sealed container.

To see some more recipes visit: [www.bbcgoodfood.com](http://www.bbcgoodfood.com)

# Scones

## Ingredients

**50g Butter (unsalted)**  
**200g Self-raising white flour**  
**1 tbsp White caster sugar**  
**Pinch Salt**  
**125ml. Milk (whole)**



## Method

**Preheat the oven to 220°C (200°C fan, gas mark 6). Line a baking sheet with parchment.**

**Rub the butter into the flour, until the mixture resembles breadcrumbs. Stir in the sugar and salt.**

**Make a well in the centre of the mix and stir in the milk. Stir until the mixture is even and the dough comes together.**

**Turn out onto a floured surface and shape into a rough square about 3 - 4 cm thick. Transfer to the prepared baking sheet.**

**Brush all over with milk and score into 9 rough squares. Bake for 15 minutes until golden and cooked through. Cool on a wire rack. Serve warm or cold plain or with jam and cream.**



## **Potato Scones**

### **Ingredients**

**250g plain flour**  
**1 tablespoon baking powder**  
**1 teaspoon salt**  
**50g cold butter or margarine**  
**200g mashed potatoes (prepared with milk and butter)**  
**80ml milk**  
**1 egg**

### **Method**

**Prep:20min › Cook:30min › Ready in:50min**

**In a bowl, combine the flour, baking powder and salt. Rub in butter until mixture resembles coarse breadcrumbs.**

**Combine potatoes, milk and egg; stir into the crumb mixture until a soft dough forms. Turn onto a floured surface; knead gently 10-12 minutes or until no longer sticky.**

**Gently pat or roll dough into a 23cm circle about 2cm thick. Cut into 10-12 wedges. Separate wedges and place on an ungreased baking tray. Bake at 200 C / Gas 6 for 15-18 minutes or until golden brown.**



**Let Us Fly:**

**Look at these lovely butterflies.**

**Can you make and decorate your very own wings?**





# Funky Fingers

## Ideas



There are so many things you can do to support your child in early writing skills, many of which should be done before your child even picks up a pencil!!

There are lots of "Funky Finger Gym" activities that you can do that don't need lots of resources, but are great for helping develop those vital skills. Here are just some that you could try -



Clipping together paper clips to make a chain



Squishing and squeezing the playdough ( recipe attached)



Threading pasta tubes or cheerios onto straws



Pegging different shaped items onto a washing line



### Make playdough:

Here's a simple recipe:

*2 cups of plain flour*

*1 cup of water*

*1 tea spoon cooking oil*

*food colouring and essences (optional)*

*Put all ingredients into a large bowl and mix together to get the right consistency. (Please note you may need to add more flour.)*



Starcatchers' #WeeInspirations  
Have some fun, save your sanity **MONKEY TEN**



## THE BASIC IDEA

Yell "Monkey 10! 9, 8..." and countdown to zero while you move like monkeys. Bonus points for monkey voices, whatever they are.

### OVER TO YOU, WEE ONE

When you get to zero, your wee one chooses a new animal to act out "Zebra 10! 9, 8..." and everyone takes turns to lead.

**Top tip:** choose sloth or snail for a breather. Older children can count in 2s, 5s, 10s Pre-and non-verbal children can use their bodies to act their chosen animal while you copy their moves and count.

### AND REMEMBER...

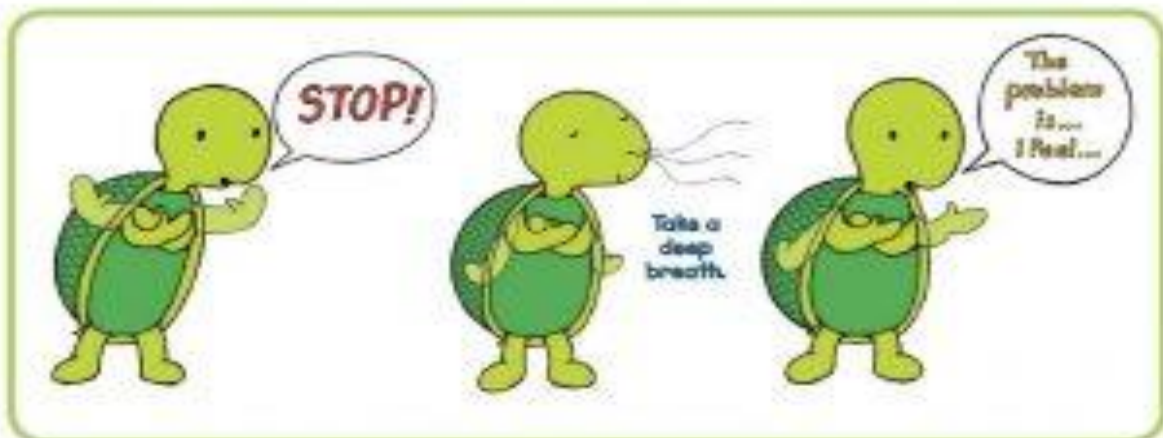
If pretending to be a monkey fills you with dread, find your comfort zone and start there. But children love it when you're silly with them.



**Emotional Support:** Here is a familiar turtle your child will recognise known as Twiggles.

## Steps to solving problems

1. Do turtle to calm down.  
Say what the problem is and how it is making you feel.



2. Think of different ideas of how you could solve the problem.
3. Choose the best idea.  
Make sure its an ok choice.
4. Try it out and see if it works.
5. If it doesn't solve the problem, try another idea.

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.

