



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. Not all activities will suit the needs of every child therefore; they can be adapted to suit. Please remember we are here to help. So firstly:

**C** an you draw or write down things that make you feel calm?  
For example, a happy place, your favourite hobby.

**A** re you feeling worried or upset?  
It's okay if you do and it's good to tell others how you feel.

**L** isten to the thoughts in your head and how your body feels.

**M** ake a list of things you enjoy doing to help yourself feel better.

**E** veryone feels worried sometimes.  
When you've felt worried before, what helped you feel better then?

**R** emember to keep talking to an adult at home about how you're feeling.

BritishRedCross

A

**Let us Keep Fit:** Tiny the T-Rex | A Cosmic Kids Yoga Adventure!



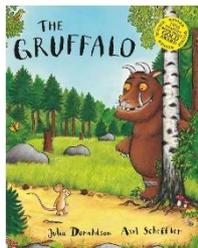
Cosmic Kids Yoga. Available on **YouTube**



<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>



Julia Donaldson books that are available on BBC iPlayer <https://www.bbc.co.uk/iplayer/group/p06vkmht> They can watch the video version on the link or enjoy the story then complete activities throughout the week.

### The Gruffalo

Some ideas to keep your little one active through story books. Character description of the Gruffalo. What words are used throughout the story to describe him? Gruffalo food menu. Throughout the story, the mouse talks about the Gruffalo's 'favourite foods'. Use these to make a menu for a Gruffalo themed cafe. Create your own Gruffalo. Design your own Gruffalo character with different features to the original. Identifying rhyming pairs in the story. Can you spot the rhyming words in the story?

[https://www.freeview.co.uk/blogs/bbc-iplayer-launches-new-childrens-mode?utm\\_source=nmpipaidsocial&utm\\_medium=cpc&utm\\_campaign=frv002theotherway&fbclid=IwAR0uIG1eAlm4gReuYVQBwJj0ck9WznWdbTfrKOZA7CplxATdMayLvPkOU&gclid=CL2Vj8H\\_5egCFUbAGwodTIMMNq&gclsrc=ds](https://www.freeview.co.uk/blogs/bbc-iplayer-launches-new-childrens-mode?utm_source=nmpipaidsocial&utm_medium=cpc&utm_campaign=frv002theotherway&fbclid=IwAR0uIG1eAlm4gReuYVQBwJj0ck9WznWdbTfrKOZA7CplxATdMayLvPkOU&gclid=CL2Vj8H_5egCFUbAGwodTIMMNq&gclsrc=ds)

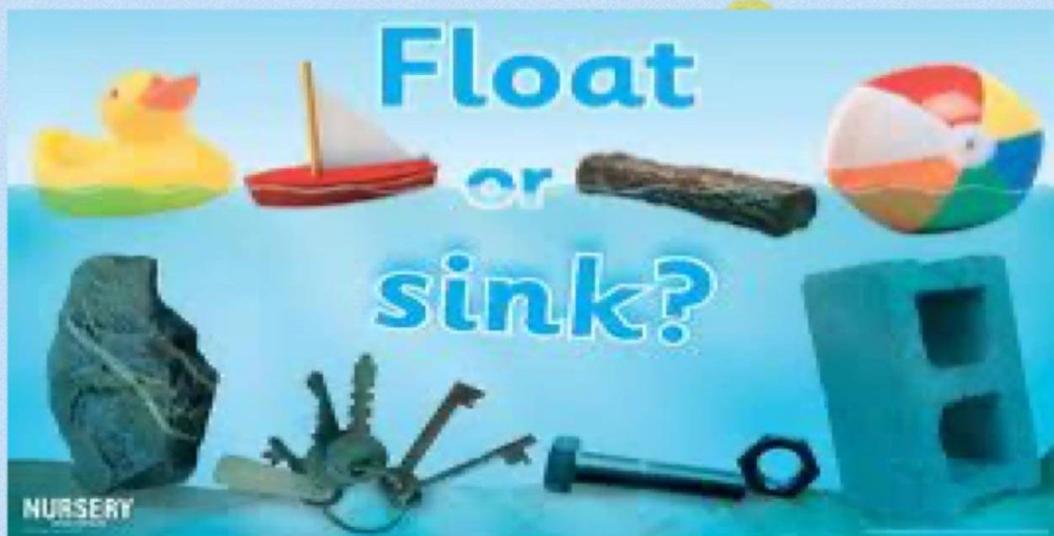
[KA Leisure http://www.kaleisure.com](http://www.kaleisure.com)

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 are ready to exercise and check out our Health Commitment Statement at <https://bit.ly/2V5tEXd>



***When you have your bath tonight, why not find out which things float and sink***

# Starcatchers' #WeeInspirations

Have some fun, save your sanity

## BIG STICK

## PAINTING

### THE BASIC IDEA

You need a paintbrush and a big stick - bamboo garden cane is ideal, but anything long, like a mop or brush handle. Tape or use elastic bands to attach the brush to the stick.

### OVER TO YOU, WEE ONE

Good news, we're painting with **water** so they can go wild with very little mess! Dry

slabs/pavement is ideal, but your kitchen floor or other hard floor might work too as long as you can see 'marks'.

## CHEEKY BONUSES

- children don't need to 'sit nicely' to engage in mark making / visual art foundations of literacy skills gross motor skills (big movements)
- concentration and focus (maybe you can finish your cup of tea for once!)

## VARIATIONS

- Older children can try to practice writing
- Play music and dance while you paint
- Break out rolls of old

wallpaper and real paint/pens if you have them and feel brave

## AND REMEMBER...

It's about fun rather than accurate drawings, but you can still value what they create - take photos before their marks dry and share them with pride.



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

### Frozen Surprise



Add water and small figures/leaves/flowers/stones to fit into balloons/food bags/plastic tubs/bowls. Place in freezer overnight. You may add food colouring if you wish. Once ready the children can explore, you may want to use a basin or a large tub if exploring indoors.



**Bubble Painting:** Just add water, food colouring/paint and washing up liquid to tubs. Using a straw to create their bubbly potion. They can do this in top of paper/card to create a nice picture.



### **Salt dough family piece**

Ingredients for this size -

500g of plain flour

250g salt

250mls of water (add slightly more water if necessary)

Bake in oven on lowest heat for 3 hours or until rock hard (took about 4 hours for ours)

#### Instructions-

- ▶ Mix the flour and salt then add the water
- ▶ Mix into a dough
- ▶ Roll out onto flat surface into desired shape about 1-1.5cm thick (remember to sprinkle some flour down to prevent sticking)
- ▶ Place on a baking tray
- ▶ Make foot imprints (as deep/clear as possible)
- ▶ place in the oven on the -lowest heat possible- and leave for 3-4 hours or until completely solid top and bottom. (Alternatively you can leave to air dry for a couple of days in a cool dry place)
- ▶ Paint with your choice of paints/colours (I used acrylic paints)
- ▶ Seal with any kind of varnish or sealer to preserve it. Varnish, modpodge, PVA and water mix.

If you don't have paints then make it and paint it at a later date!

Acrylic paints can be used (although you can use whatever you have 😊) and you paint it after it has been in the oven

Check the bottom is rock solid before you take it out and make sure you have it on the oven's lowest heat or it will burn instead.



## AWESOME Scavenger Hunt



*Each item you find can only count toward one (1) category.*

- |   |   |
|---|---|
| <input type="checkbox"/> Something <b>ORANGE</b>          | <input type="checkbox"/> Something you use to write your name |
| <input type="checkbox"/> Something used for arts & crafts | <input type="checkbox"/> Something sticky                     |
| <input type="checkbox"/> Something that keeps you warm    | <input type="checkbox"/> Something with numbers on it         |
| <input type="checkbox"/> Something you wear on your hands | <input type="checkbox"/> A puzzle piece                       |
| <input type="checkbox"/> Something that bounces           | <input type="checkbox"/> A superhero                          |
| <input type="checkbox"/> Something you use to build       | <input type="checkbox"/> Something with holes in it           |
| <input type="checkbox"/> Something <b>PURPLE</b>          | <input type="checkbox"/> Something that plays music           |
| <input type="checkbox"/> Something that squishes          | <input type="checkbox"/> A triangle                           |
| <input type="checkbox"/> Something hard                   | <input type="checkbox"/> Something with letters on it         |
| <input type="checkbox"/> A toy animal                     | <input type="checkbox"/> Something that makes you happy       |

*Don't forget to put everything back where you found it once the Scavenger Hunt is over. Thank you.*



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.

