




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:

Understanding dysregulation: How to Support a Highly Emotional Child


Dysregulation occurs when the brain responds to sensory input in a manner that triggers the alarm state.



When a child is dysregulated, it is harder to listen, comprehend, and cope.


Remember the Three "R"s

Regulate
focus on soothing your child. Make them feel calm, safe, and loved.



Relate
Validate their feelings with your words and tone of voice. "I know you're upset right now." "This is very hard". Focus on connecting with your child.

Reason
Once your child is calm, now it is time to talk about alternatives to behaviors while reinforcing limits you set before. You can reassure them you love them but that the behavior they're exhibiting is not ok.



Until a child is regulated, they are unlikely to related to you (feel connected & comfortable). And until a child is related, they are unlikely to have the mental capacity to reason with you.

CLASSES ON FACEBOOK

Mon 27th April - Sat 2nd May

MONDAY

Stress Less with Carole 2pm - 2.30pm
Evolve (Indoor Cycling) with Erin 5pm - 6pm
Booty Blast with Lindsey 7pm - 8pm

TUESDAY

Yoga with Eleanor 9.30am - 10.45am
Nursery Rhymes / Baby Ballet
with Vanessa (15 mins each) 12pm - 12.30pm
Walking Back to Fitness with Louise 2pm - 2.30pm
Fatburn with Claire 6pm - 7pm

WEDNESDAY

Body Combat with Erin 9.30am - 10.30am
Chair Exercises with Kirsty 12pm - 12.30pm
Yoga with Eleanor 6pm - 7pm

THURSDAY

Keep Fit Low with Kirsty 10.45am - 11.15am
Body Attack with Danielle 5pm - 6pm
Body Combat with Lisa 7pm - 7.45pm

FRIDAY

HIIT with Paul 9.30am - 10.00am
Family Workout with Nikki & Lilly 11am - 11.30am

SATURDAY

Abs Blast with Kirsty 10am - 10.30am



#StayHomeStayActive

Let us Keep Fit:

KA Leisure <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>



[Fun Sensory Play](#)

Get your child moving with our Sensory Activity Cube!

They will get great sensory input, practice gross motor skills and get some much needed movement!



FREE printable, no sign up required here => <https://funsensoryplay.com/sensory-activity-cube>

Tiny the T-Rex | A Cosmic Kids Yoga Adventure!



Cosmic Kids Yoga. Available on **You Tube**



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

Number Fun:



To make this suitable for all age groups change the numbers for example 1-5. Can you get it through number 3? Take notes on player's marks and then add them up, who has the most?



How many balloons can you get in the basket? You can also put numbers on the balloons. Can you catch pig number 6?

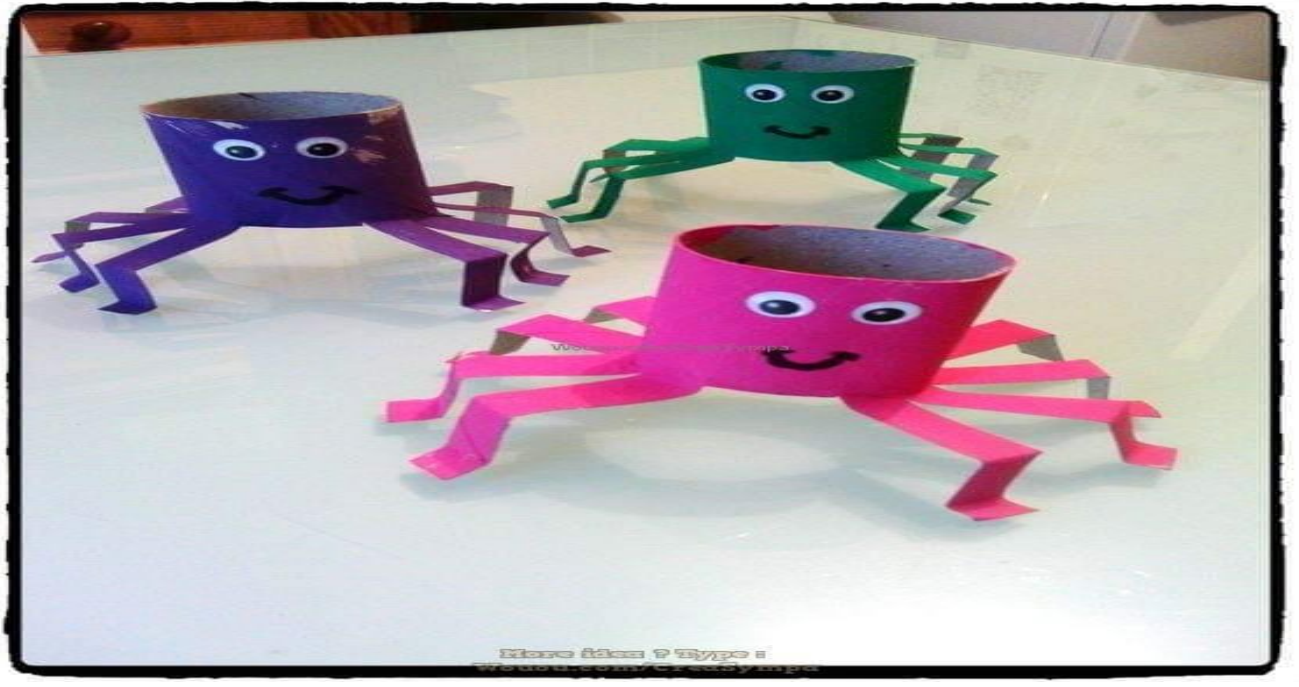
Number the balloons 1-10.

Houses and Homes. Activities and Games. <https://www.twinkl.co.uk>

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

Let us Get Creative:

Here are many ideas for your little ones from recycling your toilet roll tubes:





WE'RE IN THIS TOGETHER



LET'S GET CREATIVE

Castle pot WHAT YOU NEED

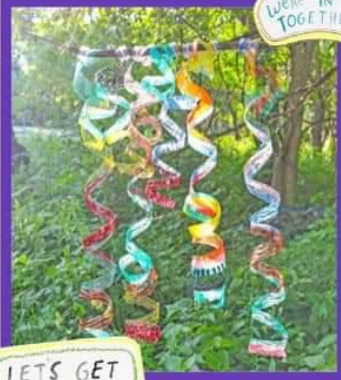
Two toilet rolls
A kitchen roll
Paint, glue, card
Paper, felt tips
Cocktail stick

HOW TO MAKE

1. Paint all tubes in the colour of our choice.
2. When dry on two toilet rolls cut out a small square shape leave a square shape repeating to all top of tube cut out.
3. Stick a toilet tube to each side of kitchen roll tube.
4. Draw a large circle, the outside of a sellotape roll is a good size.
5. Cut out circle and cut from one side to the middle of the circle, fold the circle round into a cone and secure with tape.
6. Cut out a small flag shape and fix to cocktail stick, then place the stick at the top of cone securing it.
7. Draw or paint on windows and doors.
8. Cut out a large circle of card and attach to bottom of tubes as a base.

FILL WITH PENS
AND PENCILS, ENJOY ...





WE'RE IN THIS TOGETHER

LET'S GET CREATIVE

WINDY WHIRLS

WHAT YOU NEED


Stick and scissors/knife

Yarn/string/wool

4 plastic bottles

Permanent markers/glass paint


Glue



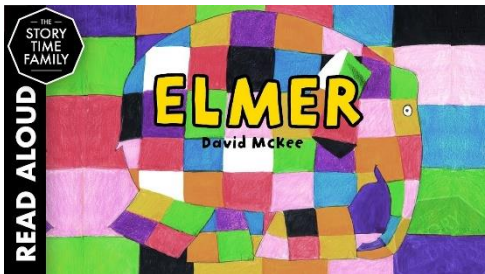
HOW TO MAKE

1. Cut bottom and tops off bottles with knife.
2. Make a 2cm cut down and continue cutting around the bottles evenly making swirls.
3. Using pens or paints colour in plastic swirls.
4. Glue one end of each bottle to the stick and dangle down.
5. Cut a length of string 1 and a half times the length of stick.
6. Tie each end of sting to each end of stick.

Hang your mobile



Singing and Story Time:



[Elmer - The Patchwork Elephant | Children's Book](#)

Elmer is different and he's definitely not like any other elephants. Is being different a good thing or bad thing? Let find out in Elmer by author David McKee...

youtu.be

<https://youtu.be/wdyo4ykh2WA>

The Rainbow Song

red

and

yellow

and

pink

and

green

purple

and

orange

and

blue

**I can sing
a rainbow,**

**Sing a
rainbow,**

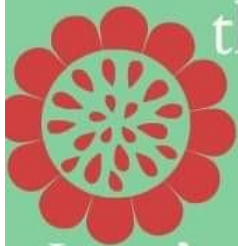


**Sing
a rainbow,
too.**



It's not only children who grow.
Parents do too.

As much as we watch to see what
our children do with their lives,
they are watching us to see
what we do with ours.



I can't tell my children to reach for the sun.
All I can do is reach for it, myself.



- Joyce Maynard



Facebook.com/PositiveParentingSolutions

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.

