



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. Can I just remind parents that we would love to see photos etc of children during this time and feedback about our YouTube channel please? All photos and videos can be emailed to gw10mccallumtracey2@ea.n-ayrshire.sch.uk. 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:

Self-Care for Families

<p><i>emotional</i></p> <ul style="list-style-type: none"> ___ watch a good movie ___ write each other positive notes ___ verbalize and talk about feelings ___ draw self portraits ___ Say "I love you" ___ spend time writing ___ have a sing-a-long ___ tell jokes ___ try a new craft 	<p><i>physical</i></p> <ul style="list-style-type: none"> ___ dance party ___ go for a walk ___ family bike ride ___ take a hike ___ play kickball ___ tag ___ roller skating ___ go to the pool ___ jumprope ___ kids yoga ___ wii fit games 	<p><i>spiritual</i></p> <ul style="list-style-type: none"> ___ a gratitude list ___ go outside ___ talk about forgiveness ___ write thank you's ___ volunteer ___ spend time outside or with nature ___ practice positive self-talk ___ plant a tree
<p><i>mental</i></p> <ul style="list-style-type: none"> ___ read together ___ draw or write stories ___ kids meditation ___ find shapes in clouds ___ practice belly breaths ___ go on a walk to find new things ___ make vision boards ___ try Headspace for kids ___ create mandalas ___ make mindfulness jars ___ play mind strength games like memory 	<p><i>practical</i></p> <ul style="list-style-type: none"> ___ clean up ___ declutter old toys ___ assign chores ___ make a grocery list together ___ learn about money ___ make a weekly budget check-in ___ make a weekly cleaning check-in ___ homework/study ___ have a morning & night routine 	<p><i>social</i></p> <ul style="list-style-type: none"> ___ play in the park ___ call or visit relatives ___ have family dinner ___ play boardgames ___ host a sleepover ___ invite friends over ___ plan a bbq ___ join a team ___ do a neighborhood food drive ___ have talks about friendship and how to be a friend.

just stay curious

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>

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



Cosmic Kids Yoga. Available on 



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



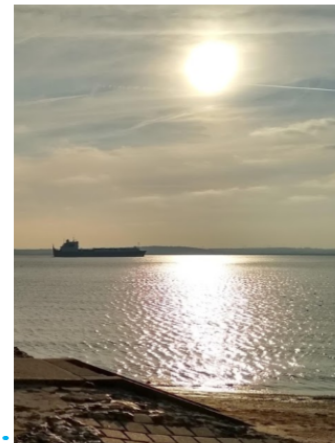
For this you will need fly swatters and balloons. You can play this on your own or with all your family members.

What to do: Every trip outside – even when keeping physically distant from other people and avoiding playgrounds – is an opportunity to explore nature. There are lots of ways that you can encourage your child to be curious about the natural world around them.

Here are a few ideas to do together:

- Stop and listen to the sounds of nature – “Can you hear the birds? Can you spot them?”
- Turn over a log or stone to discover who’s hiding below.
- Point out a spider’s web on railings or a bush. Or perhaps the shiny snail trail on the doorstep – but can you find the snail?!
- Feel the rough bark of a tree or cold soil and stones; sniff to see which flowers and plants smell; listen to the wind or rain and feel them on your face; taste the salty sea air; watch how the sky changes...

Children often find these everyday things fascinating and will enjoy exploring and chatting with you about their discoveries.



How it helps - exploring outside helps children to:

- use all their senses - sight, smell, sound, taste, touch
- learn from being outside and exploring nature
- improve their physical development – helping co-ordination and strengthening big muscles (gross motor skills) as well as small ones (fine motor skills)

Research has shown that time spent outdoors improves physical and mental health - lowering stress levels and helping improve memory, problem-solving and attention.

Fireworks in a Glass

You will need:

- A glass or jar
- Small bowl
- 3-4 tablespoons of oil
- Warm water
- Food colouring (different colours)
- Fork

1. Fill the glass or jar about $\frac{3}{4}$ full with warm water.
2. In a separate bowl, add 3-4 tablespoons of oil and carefully add a few drops of different coloured food colouring.
3. Mix it all gently with a fork - just enough to disperse the food colouring a little bit. You'll notice it doesn't mix with the oil - it just breaks up into smaller dots.
4. Pour the oil and colour mixture into the warm water.
5. Watch as the coloured drops sink down into the water and mix together creating a firework effect.



THE SCIENCE

This is all to do with the density of each liquid (how heavy it is for its size). Food colouring dissolves in water but not in oil. Because the oil is less dense than the water, it will float at the top. The coloured droplets sink because they are denser than the oil. As they sink to the bottom of the oil, they mix with the water and begin to dissolve, creating tiny 'explosions'.

@MrsBpriSTEM

Number Fun:



NUMBER CHAIN
made from toilet paper tubes!



MAKE A SIMPLE
NUMBER LINE





FINE MOTOR

Activities for Preschoolers



Choosing

Children love to make choices, even if it's only a little thing.

Let your child choose a book to look at – let them choose a page and let them choose which picture to talk about.

When your child is getting dressed, try taking out two pairs of socks to see which ones they would like to wear.

They might choose by looking, smiling, reaching, pointing, nodding, making a noise or saying 'that one'!



Let us Get Creative:



A little bit of
imagination and a
sprinkling of
glitter ❤️

eleplay.wixsite.com/education



Design 5 Flowers:

You can make these using cake cases and some arts and crafts materials. Can you make five different flowers?



Future Plans:

Family chatter is good for all. Pringle tubs would be ideal for this. Create a jar/tub and discuss with your children what they have missed and what they would like to do when lock down is over. Write all the ideas on a small piece of paper fold and place it in your tub. Once lock down is over your tub will be full of ideas and things to do as a family that you have all missed.



Family Scrap Book:

A little book of memories to look back on and remember the fun family times that you had during lockdown.

Make these yummy shortbread stars from The Room on the Broom Cookbook

Little ones will love helping to make these scrumptious stars with this easy shortbread biscuit recipe for kids.

Method Ingredients



Total time 35 minutes Prep time 20 minutes Amount Makes 24 stars

Ingredients:

- 80g plain flour
- 120g butter (softened and cut into cubes)
- 1 teaspoon vanilla extract 60g caster sugar
- Extra flour for dusting
- Extra butter for greasing
-

Equipment

A sieve

A baking tray

A large mixing bowl

A star shaped biscuit cutter

A rolling pin

What to do

1. Preheat the oven to 180°C/Gas Mark 4.
2. Dip a piece of kitchen roll in butter and rub it all over the baking tray.
3. Sift the flour into the mixing bowl. Add the butter and rub together with your fingers until the mixture resembles breadcrumbs.
4. Add the vanilla extract and sugar, and mix. Then squeeze the dough into a ball with your hands.
5. Sprinkle your work surface with flour and roll the dough out to about $\frac{1}{2}$ cm thick with a rolling pin.
6. Use the biscuit cutter to cut out the stars and carefully place them on the baking tray. Re-roll any leftover dough to make more biscuits.
7. Bake the shortbread for 12-15 minutes or until they are a pale golden colour. You might need to do two batches.

This may come in useful for some parents with children who are picky eaters: <https://www.positiveparentingsolutions.com/parenting/strategies-for-picky-eaters>



Solutions Note for Positive Parenting Solutions Members: See Lesson #21 in Session 3 for how you can use the Create a Decision-Rich Environment Tool to fill your child's power bucket in positive ways to fend off those frustrating negative power behaviors. 7. Try, Try Again. Don't write off a type of food because of one bad experience.

www.positiveparentingsolutions.com



Above Bounds Theatre Collective added and event.

We are back with another fun Arts and Crafts Live stream this Thursday at 11AM 🎨



This week Vicki will be showing you how to make your very own Marionette Pet 🐱🧶

What you will need:

- 2 Toilet Rolls or A Kitchen Roll
- Paint
- Coloured Card
- Scissors (Adult Supervision)
- Glue or Tape
- Wool or a String
- 2 Lolly sticks (or something equivalent)
- Googly Eyes
- Any other decorative materials

We look forward to crafting with you all Thursday morning 😊

[10+ Fun Indoor Games and Activities for Pre Schoolers](https://youtu.be/3vAfbUYFDew)

<https://youtu.be/3vAfbUYFDew>



BIG BUG HUNT!



Bugs are some of the most important creatures on the planet. They help to keep the soil healthy so our beautiful trees and plants can grown strong and tall.

Using this guide see which bugs you can find. REMEMBER they love to hide in dark, damp places, e.g. under logs , sticks and twigs.



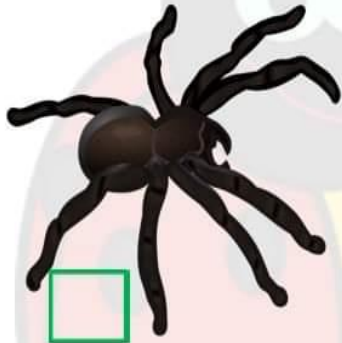
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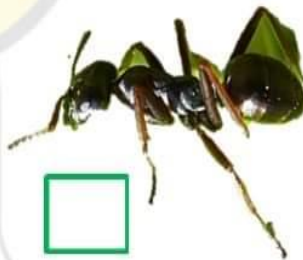
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THE URBAN ENVIRONMENTALIST

If you can't see these bugs, why not build your own BUG HOTEL! Find me on Facebook or Instagram for a handy "how to" guide and video to make your own.



THE URBAN ENVIRONMENTALIST

Singing and Story Time: Funky Monkey

<https://youtu.be/UI4hk9xXM9g>

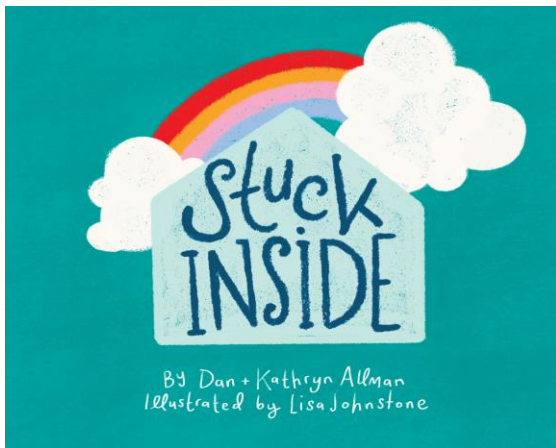


Funky Monkey

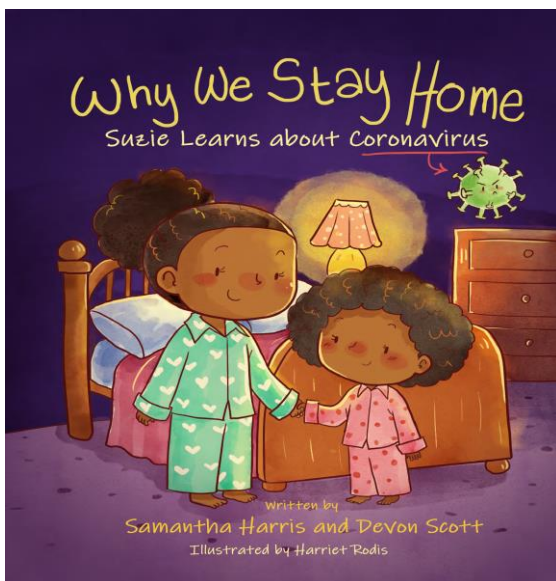
Sticky Kids produces the UK's favourite music and movement resources for schools, nurseries and childminders and parents/carers.

[youtu.be](https://youtu.be/UI4hk9xXM9g)

<https://www.stuckinsidebook.com/wp-content/uploads/2020/04/Stuck-Inside-eBook-FINAL.pdf>



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Do you live or work in Ayrshire
and have concerns about a
child's speech, language or
communication.



We are offering an expanded Helpline Service until further notice

For advice and guidance from
an experienced Speech and Language
Therapist, please call the
Helpline for your area.

East Ayrshire 07980919654

Monday 9.30am - 11.30am

Thursday 2pm - 4pm

North Ayrshire 07833233942

Wednesday 2pm - 4pm

Thursday 2pm - 4pm

South Ayrshire 07833095374

Tuesday 2pm - 4pm

Thursday 10am - 12pm



Working together to achieve the healthiest
life possible for everyone in Ayrshire and Arran



Follow us on Twitter @weepeoplechat

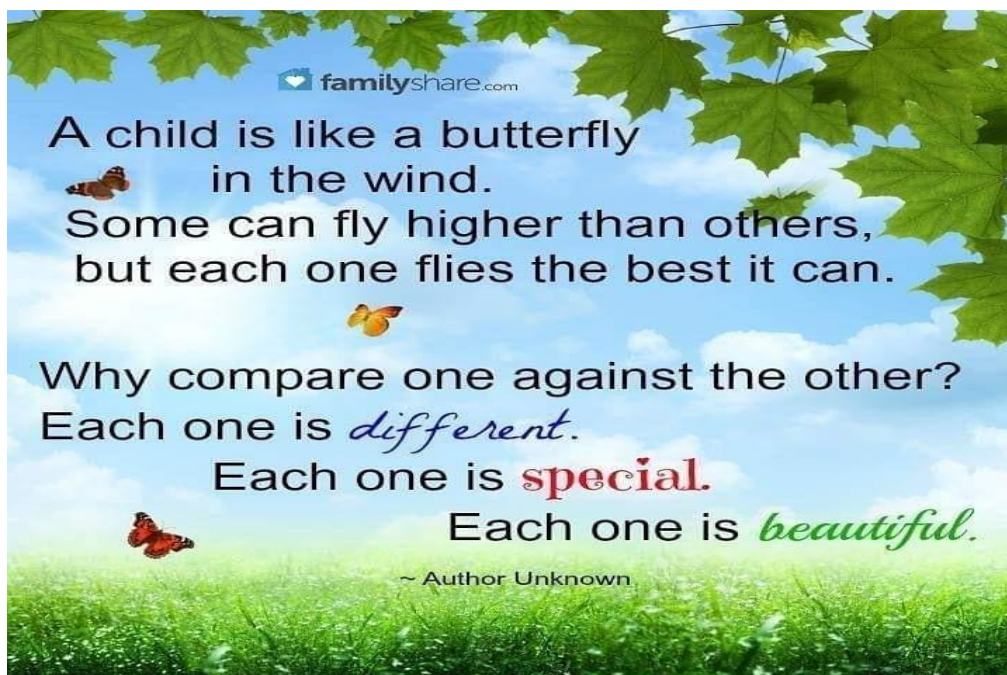


Find us on Facebook www.facebook.com/SpeechandLanguageTherapyinEastAyrshire

www.facebook.com/SPINNorthAyrshire/



Follow us on Instagram AyrshireSLT (@weepeoplechat)



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.

