



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](mailto: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:



Let us Keep Fit:

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



**CLASSES LIVE ON FACEBOOK**

**Mon 11th - Sat 16th 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

**FRIDAY**

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

**SATURDAY**

Abs Blast with Kirsty	10am - 10.30am
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 | leisure #StayHomeStayActive

### 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>



<https://youtu.be/e7QFyr1Kxf8>

## Let us explore:



# Looking up (and looking carefully)

Young children are always looking up at their parent's and carer's face - but how often do we look closely at all the other things above our heads?

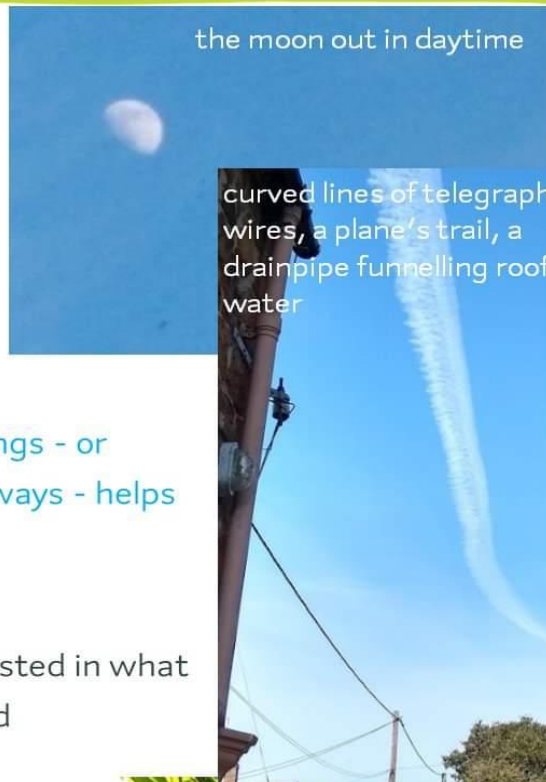
Next time you're out, tip your heads back and look up - you might be surprised what you see!

How it helps - looking carefully at things - or looking at familiar things in different ways - helps children to:

- explore their world
- become more aware of and interested in what they see - leading to discovery and understanding
- develop their memory
- have more things to talk about with you.



vivid greens of spring leaves, wiggly patterns of oak branches

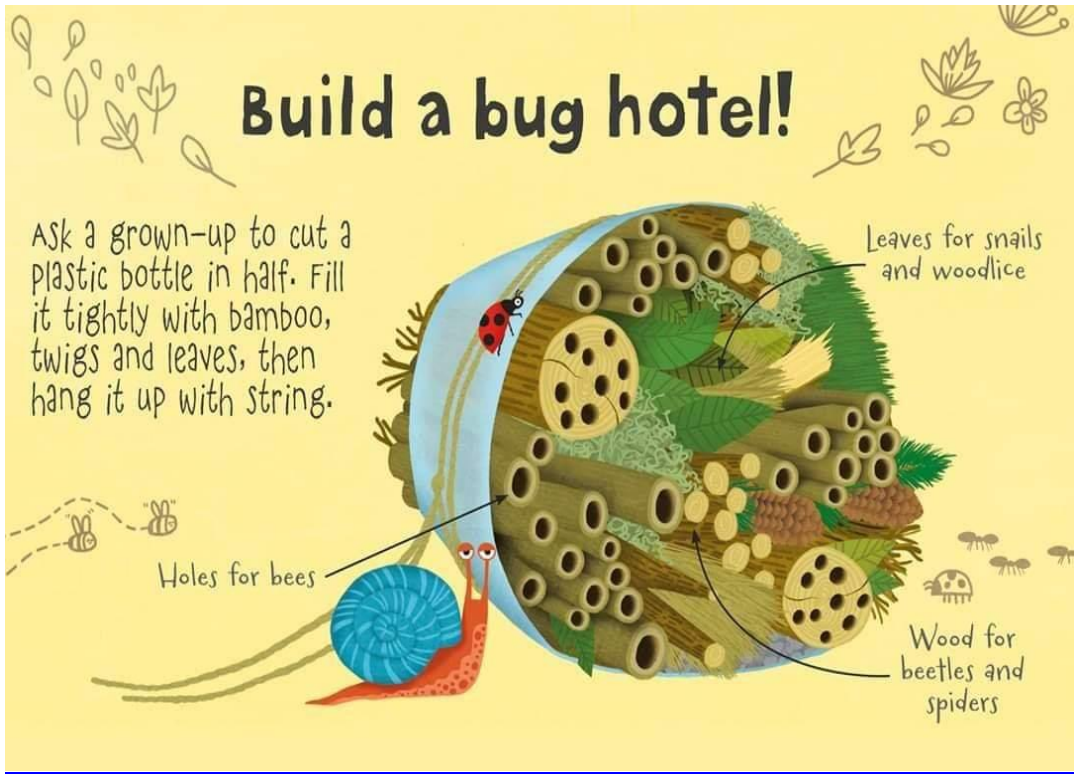


the moon out in daytime

curved lines of telegraph wires, a plane's trail, a drainpipe funnelling roof water



hand-shape leaves and big white flowers on horse chestnuts in spring (a clue for conkers in autumn!)



Let us Fish:



Play Scotland

Indoor play idea no.52

Make your own aquarium & go fishing! 🐟🎣

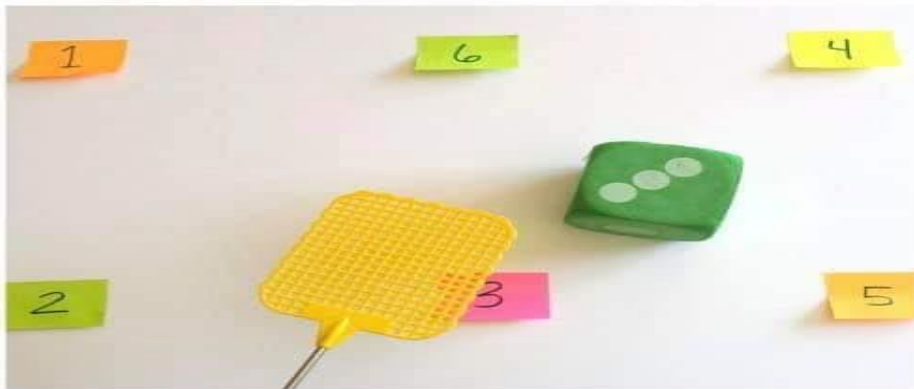
Fill a paddling pool with water & blue/green colouring. Then add some plastic toy animals e.g. frogs, snakes, fish & use nets, slotted spoons or strainers to catch as many creatures as possible! [#101waystoplay](#)

Gardening Time:

Grow your own herbs!



## Number Fun:



# SMACK THE NUMBER Counting Game

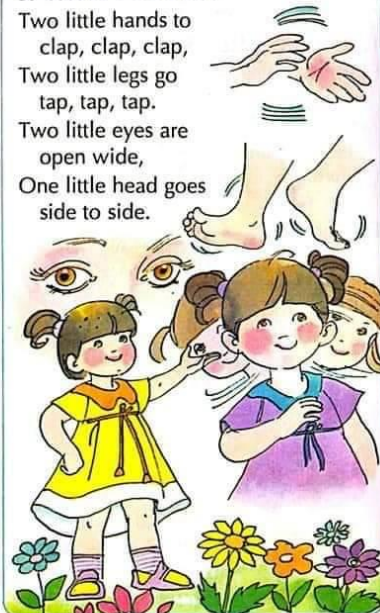
### 3. WHAT I CAN DO

Two little hands to  
clap, clap, clap,

Two little legs go  
tap, tap, tap.

Two little eyes are  
open wide,

One little head goes  
side to side.



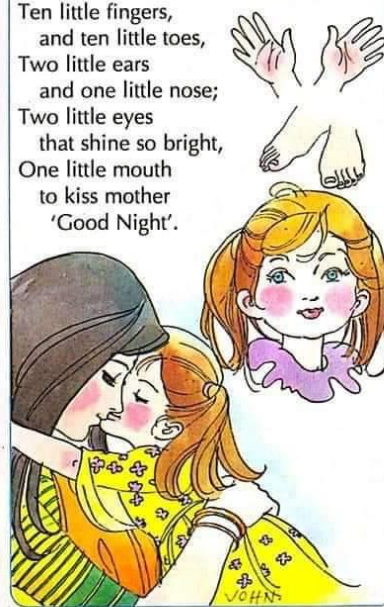
### 4. TEN LITTLE FINGERS

Ten little fingers,  
and ten little toes,

Two little ears  
and one little nose;

Two little eyes  
that shine so bright,

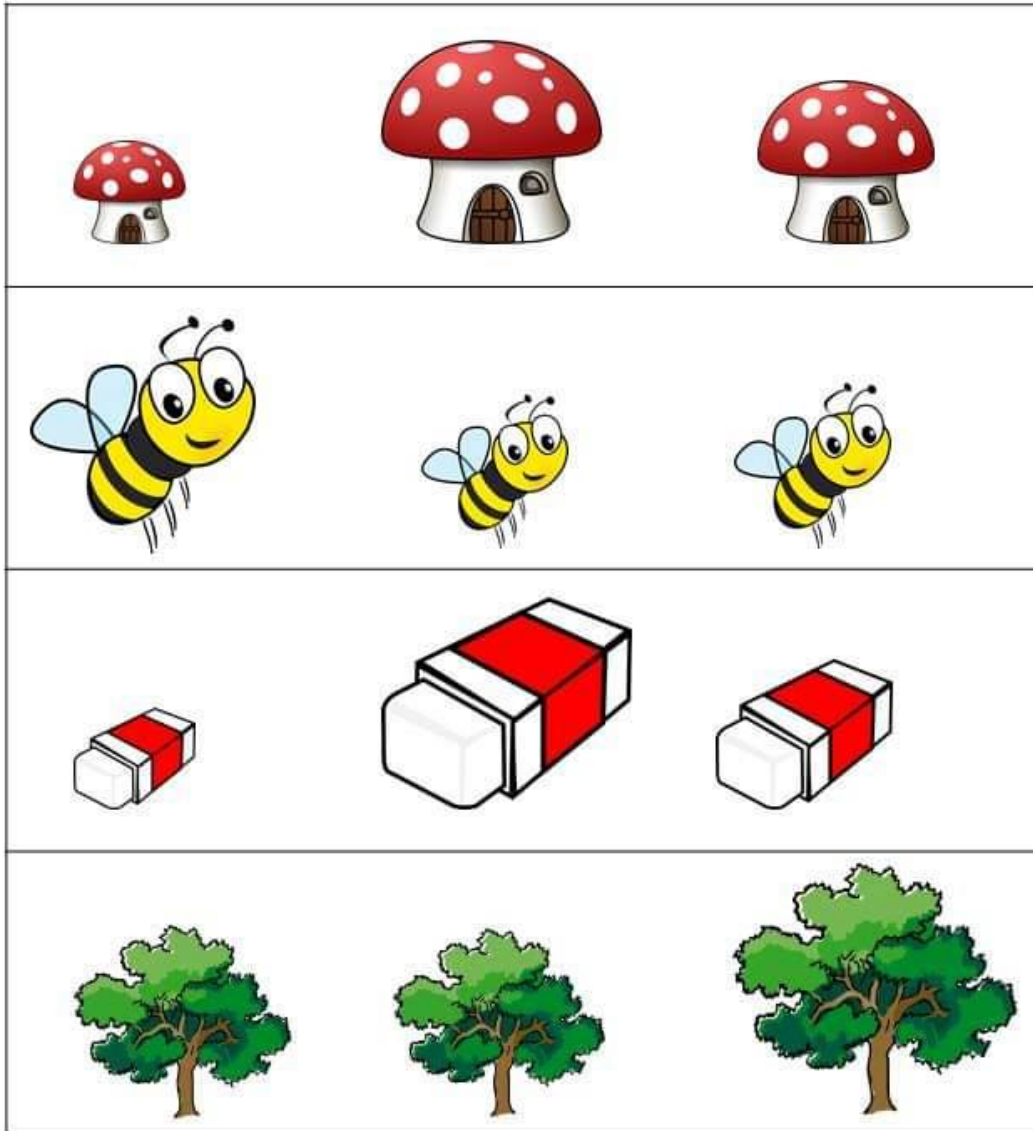
One little mouth  
to kiss mother  
'Good Night'.



Name : \_\_\_\_\_

Date : \_\_\_\_\_


**Circle the biggest picture in each row.**




## Lets Learn Shapes and Colours:

### Shape poems


I am Cindy Circle  
Watch me turn  
Round and round  
And you will learn  
I'm not straight and  
I don't bend  
My outside edges  
Never end!




I am Sammy Square  
My four sides are just the same  
Turn me around, I don't care  
I'm always the same, I'm a square!



I am Danny Diamond  
I am like a kite  
But I'm really just a square  
Whose corners are pulled tight




Ricky rectangle is my name  
My four sides are not the same  
Two are short and two are long  
Count my sides, come along  
1-2-3-4



ISLCollective.com

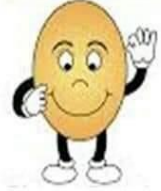
Tommy Triangle is the name for me  
Count my sides - there's 1-2-3




I am Ollie Oval  
A football shape is mine  
Some people think that I'm an egg  
But I think I look fine!

OR

Opal Oval is my name.  
The circle and I are not the same.  
The circle is round, as round can be.  
I am shaped like an egg as you can see



Harry Heart is my name  
The shape I make is my fame  
With a point on the bottom and two humps on top  
When it comes to love I just can't stop!



ISLCollective.com

### Color Song

Orange is a Carrot, 

Yellow is a pear, 

Green is the grass, 

And brown is a bear, 

Purple is a plum, 

Blue is the sky, 

Black is a witch's hat, 

And red is cherry pie. 

### Rainbow

By Erin Weingaertner (Tune of "Twinkle, Twinkle")

Red, orange, yellow  
Green and blue.  
Indigo and purple are in there too  
Shining brightly way up high,  
I see a rainbow in the sky.  
Rain and sun work together,  
Making it my favorite weather.





**FIND:** color words, are, there, too, and, up, in

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Let us Get Creative:

Edible paint suitable for all age groups.

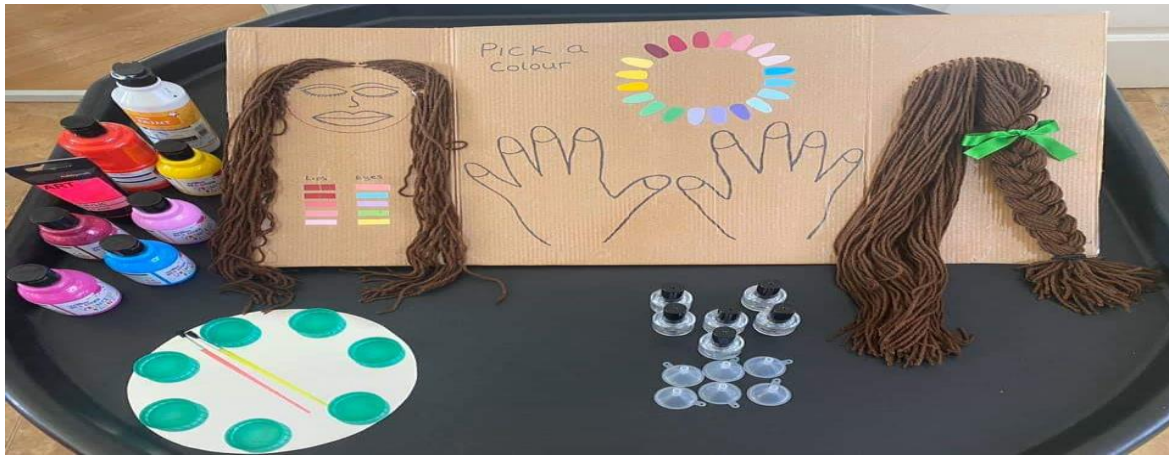


To make yogurt paint you will need

- Food colouring (I used [food colouring gel](#))
- Yogurt (I used 0% fat Greek yogurt)
- Containers

Simply add a few drops of food colouring to the yogurt and mix! It's as simple as that! If you want colours that are more vibrant then add extra food colouring.





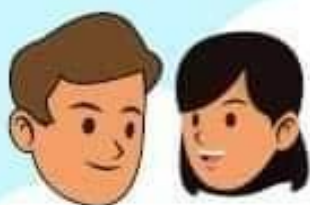
**Resources:** A large cardboard circle cut out from breakfast cereal boxes etc.  
Cello tape and string or wool.



Tips to help encourage your wee people's speech, language and communication skills  
#gettingweepeoplechatting



Be face-to-face



Watch, wait, listen



Follow their lead and play their way



Give them a reason to communicate



Balance questions with comments



Give them time to respond



Try to limit screen time



The Communication Pyramid



For information and advice on supporting your wee person's speech, language and communication contact:



Speech and Language Therapy in East Ayrshire #gettingweepeoplechatting



@weepeoplechat



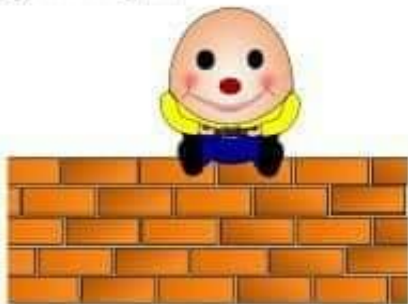
Helpline: Phone/text 07980919654 on Thursdays: 2 pm-4 pm.

Singing and Rhyming Time:

## Humpty Dumpty

Humpty Dumpty sat on a wall.  
Humpty Dumpty had a great fall.

All the King's horses  
And all the King's men  
Couldn't put Humpty  
Together again.



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Rain, rain, go away,  
Come again some other day.  
We want to go outside and play,  
Come again some other day.

Change third line to say: Little (child's name) wants to play  
www.first-school.ws

## Spring

The wind told the grass  
And the grass told the trees.

The trees told the bushes  
And the bushes told the bees.

The bees told the robin  
And the robin sang out clear,



Donna Coleman ♥ Heart of the Class

## Twinkle, Twinkle Little Star

Twinkle, twinkle little star,  
How I wonder what you are.  
Up above the world so high,  
Like a diamond in the sky.  
Twinkle, twinkle little star,  
How I wonder what you are.



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# AT HOME SCIENCE PROJECTS

GROWTH HAPPENS WHEN YOU...

- take risks,
- ask questions,
- help others,
- learn from mistakes,
- embrace change,
- are future driven,
- generate positive energy,
- practice reflective thinking,
- get out of your comfort zone,
- feel affirmed and supported,
- and,
- are challenged to grow.

DAVID GEURIN

**Science Sparks** Make an edible Earthquake model, a wormery, bottle rocket and lots more at home science projects!

<https://www.science-sparks.com/easy-at-home-science-projects-for-kids/>

[10+ Fun Indoor Games and Activities for Pre Schoolers](#)

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



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.

