



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:



Things to do at home

Building relationships - including during lockdown



Your relationships with family, friends or neighbours will help your child understand and learn how to form their own relationships. The way that you and other important people in your child's life respond and react to them will also influence the way that they see themselves.

Things are obviously different during the Coronavirus lockdown - though it can help if we think about it as *physically* distancing rather than *socially* distancing.

You can still help your child to build positive relationships by:

- sharing a meal or snack together – this can be a nice opportunity for family members to talk about their day, share experiences and re-connect. Could you invite grandparents to 'join' you via videocall - and maybe even both homes make a cake to show to each other?
- making up stories which include people you know - you could make a paperchain of them.
- chatting or playing with friends their own age via videocall – perhaps agreeing in advance that you'll all play with playdough or have a teddy bears picnic...
- staying in touch with family, friends or neighbours who aren't online - by phone, or by sending them a postcard or homemade book.
- recognising the importance of your role as a model in the way that you interact with other.



Relationships are at the heart of learning

peep supporting parents and children to learn together

Find more ideas for things to do at home:
@PeepleCentre    www.peeple.org.uk

☞ Relationships are at the heart of learning. They also help children understand how others see them, and how important they are within their family - and therefore, how they see themselves. Staying in touch with wider family and friends is more challenging at this time, but here are a few ideas.

[#PeepTheImportanceOfRelationships](#) How have you been staying in touch?



Let us Keep Fit:

CLASSES **LIVE** ON FACEBOOK

Mon 18th - Sat 23rd 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 Mark	9.30am - 10.00am
Family Workout with Nikki & Lilly	11am - 11.30am

SATURDAY

Abs Blast with Kirsty	10am - 10.30am
-----------------------	----------------



#StayHomeStayActive

KA Leisure

<http://www.kaleisure.com>

Leisure If running isn't for you walking still has many health and fitness benefits. Mind and Be Active Coordinator Louise is building up her Couch to 5K walking programme. You can get involved on Tuesdays at 2pm when Louise does a Walking Back to Fitness Facebook Live. Louise is getting back to fitness after double knee surgery and shares helpful tips and advice on how you can get back in to fitness too!

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



<https://youtu.be/e7QFyr1Kxf8>

Let us explore: [Wilderness Outdoor Education](#) Outdoor Activity #54 -

Bird Feeder ☐☐



A lovely activity to give your local birds a helping hand, plus our little one loves watching them out of the window. These are very simple to make, and can be adapted into lots of different designs. We made ours by bending a length of garden wire around a long twig, we then threaded on breakfast

cereal (Cheerios etc), smothered on peanut butter and bird seed and finished by hanging it up in the garden. For those looking at an educational twist, you can write instructions, measure ingredients, ID, describe and list birds spotted or prior, make predictions about which birds might use it.

Wilderness Outdoor Education

Outdoor Activity #56 - Nature Potions 🌸☐♂

Get a bit creative in the garden this weekend and make some nature potions! A lovely play activity that is always popular, mix natural materials, water and food colouring to make some mysterious looking potions!

Lots of educational links with these, measuring and instructions not to mention descriptive language and role-playing



Now for some early literacy and numeracy:



Join **hundreds** of other subscribers and receive play tips and resources.

Early Literacy, Preschool

Think writing is as simple as placing a pencil in your child's hand? Think again! Development of fine motor skills are crucial in order to build up the hand strength and pincer grip needed to be able to hold a pencil both comfortably and accurately. Read on to find our favourite pre-writing activities to try.

The key here is don't run before you can walk! Be patient, work on these pre-writing skills in a fun, playful way before trying to introduce writing. Z (now 3.8 years) has been building up her fine motor skills and hand strength since she was tiny. You can search activities on the website by typing 'fine motor skills' into the search bar or by checking out my [Instagram](#) and [Pinterest](#) pages.

https://www.teachinvestigateplay.com/wp-content/uploads/2020/04/00_TIP-PrimaryLogo-Final-03-768x269.jpg 768w,
https://www.teachinvestigateplay.com/wp-content/uploads/2020/04/00_TIP-PrimaryLogo-Final-03-1536x537.jpg 1536w,
https://www.teachinvestigateplay.com/wp-content/uploads/2020/04/00_TIP-PrimaryLogo-Final-03-2048x716.jpg 2048w" sizes="(max-width: 730px) 100vw, 730px" />



TEACH. INVESTIGATE. PLAY.



1. Manipulating play dough will ALWAYS be one of our favourite pre-writing activities. We make the dough from scratch every time, which is a great activity in itself, as is the play afterwards. If you're short on time to make play dough, the store bough stuff is great too! Get your child to roll the dough into a ball or make 'sausages.' Z also likes to roll the dough flat - either with her hand or rolling pin in order make a little small world. There are plenty of fun play dough recipes and activities to try on this page, so please type in 'play dough' in the search bar to find one!



2. Threading beads threading beads is an excellent way of using the pincer grip - if you look at the photograph above, you can see just how much focus and effort is going in to squeezing the beads so that they can be threaded. The chenille sticks and pony beads combination is a good option IF your child is used to such activities, but I would suggest starting with bigger objects first (such as food pouch lids or cheerios), then gradually use smaller items as your child gets more confident.

Here are some ideas to try :



Using tweezers to pick up objects. Tools such as tweezers and scoops can add extra challenge to activities, as they require manipulation of the hands and fingers to work. This **treasure hunt** game is one example of how these tweezers can be used in play - I tend to add them to a lot of the activities we do so that Z can develop strength in her hands and fingers.



4. Practising pincer grip with clothes pegs

So many ways, from name recognition (as shown above) , to number recognition and colour matches too. You can even recreate a mini washing line with pegs to introduce so 'real-world' play into the proceedings.

The giant pegs in the photo are surprisingly easy to manipulate, making them a good place to start. The large pegs require the whole hand to be squeezed that results in a great workout for the hands whereas smaller pegs require a good pincer grip - either way, it is an excellent workout for the hands and fingers!

5. Scissor Skills



It can seem like a terrifying prospect to allow your little learner to wield some scissors, but it is another important skill that helps to build strength in the hands and fingers. There's plenty of activities you can try, from TP people haircuts to following lines on a printable however our personal favourite is flower arranging! My

daughter much prefers activities that appear more 'real-world,' so helping to cut up an old bouquet was a real practical task for her - she was learning scissor skills without it seeming like a task.



6. Trace with index finger

Salt trays are an excellent way of getting little ones to trace or copy shapes. The tray above was used with a 7 year-old student of mine when he was practising some spellings, however it can also be used with much younger children to copy **pre-writing shapes**.

7. Lacing / sewing

Lacing activities can come in many forms: from lacing (and tying) shoelaces to using special printable cards to practise threading. One of our personal favourites is lacing (or sewing) leaves - this is an idea straight from **Mother Natured** who is one of our favourite to follow for nature-based activities.

You can also check out our **recent interview** with Trixi from Coloured Buttons for plenty of ways to introduce sewing to little ones.



Create Art Art can often be ignored at home for fear that it will cause a huge amount of mess but it **need not be a stressful experience**, especially when there are so many sensory benefits. Holding a paintbrush, squeezing a sponge or even using fingers during art sessions are all great ways for children to explore and experiment with their hands and fingers



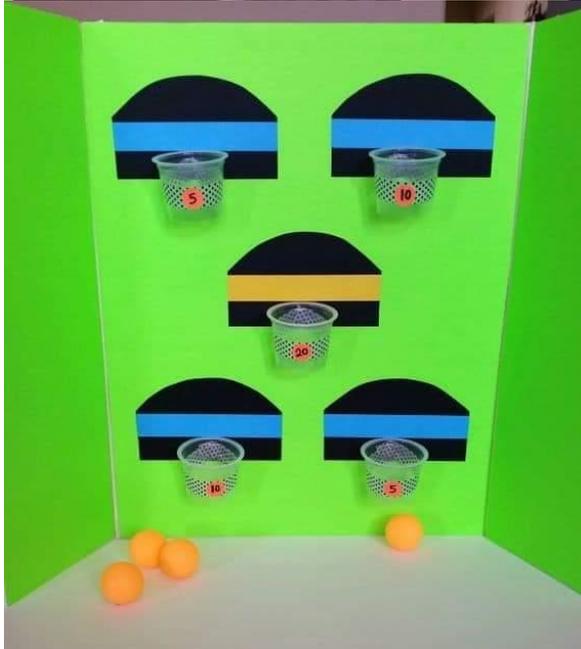
Squeezing Pipettes Pipettes (or turkey basters) are other fabulous resources in the early years. In fact, our pipettes seem to be a feature in most of the water play we do! From colour mixing to simple science experiments, they add a fun element to proceedings whilst still having all of the benefits of boosting fine motor skills. If you look at the photo above, you will see that Z (2.10 at the time) needed to squeeze her hand and fingers in order to get the pipette to work



Little Pine Learners

•Dandelion Names•

Here is a simple and adorable name activity for pre-schoolers! This low-prep activity for kids invites them to work on letter and name recognition skills while strengthening fine motor skills. Try using dandelions or wildflowers!





Peep
tips

Early Maths | Maths in everyday routines - Socks!



Everyday routines and activities provide opportunities for babies and young children to explore maths ideas in practical and playful ways.

Helping with the washing:

"Where's the other *purple* sock?" (colour and matching)

"A *big* sock for daddy's pile, a *small* sock for Sanjiv's pile!" (sorting and size)

Getting ready for bed: "One sock off, two socks off!" (numbers and counting)

And don't forget that socks can talk...
(Add eyes if you're feeling creative)



peep

supporting parents and
children to learn together

Find more Peep tips:

@PeepCentre



www.peeple.org.uk

Bookbug



Happy Monday, everyone!

We're back with a brand new online Bookbug Session inspired by all the beautiful rainbow pictures we've seen during lockdown. Enjoy songs, rhymes and a story bursting with colour in Bookbug's Rainbow Fun 🌈🎧

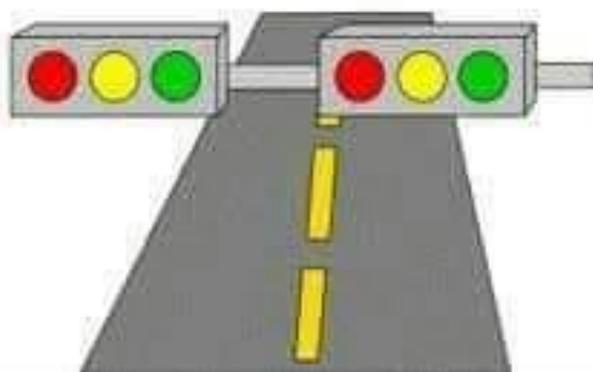
<https://bit.ly/BookbugRainbowFun>

Singing and Rhyming Time:

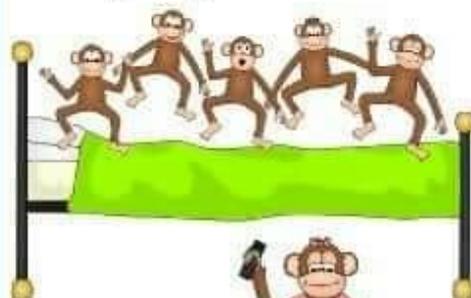
Traffic Light Song

Tune: Twinkle Twinkle Little Star

Twinkle, twinkle traffic light,
Round the corner shining bright.
Red means stop,
Green means go,
Yellow means very, very slow.
Twinkle, twinkle traffic light,
Round the corner shining bright.



Five Little Monkeys Jumping on the Bed



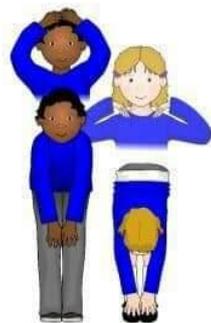
Five little monkeys
Jumping on the bed.
One fell off
And bumped his head.
Mama called the doctor
And the doctor said,
"No more monkeys
Jumping on the bed!"



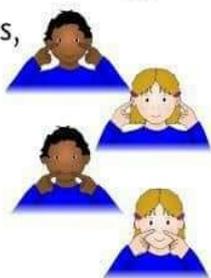
© Copyright 2014, www.sparklebox.co.uk

Head, Shoulders, Knees and Toes

Head, shoulders,
Knees and toes,
Knees and toes.
Head, shoulders,
Knees and toes,
Knees and toes.



And eyes and ears,
And mouth,
And nose.
Head, shoulders,
Knees and toes,
Knees and toes.



© Copyright 2014, www.sparklebox.co.uk

Row, Row, Row Your Boat

Row, row, row your boat
Gently down the stream.
Merrily, merrily, merrily, merrily,
Life is but a dream.

Row, row, row your boat
Gently down the stream.
If you see a crocodile,
Don't for get to scream!



© Copyright 2014, www.sparklebox.co.uk

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.

Tracey Stevenson
Early Years Manager
Loudoun-Montgomery Primary and Early Years
Ayr Road,
Irvine. KA12 8DF
Mob: 07745771201
Email: gw10mccallumtracey2@ea.n-ayrshire.sch.uk

Lisa MacAry
Lead Practitioner
Email: gw18macarylisa@ea.n-ayrshire.sch.uk

Jade Quinn
Senior Early Years Practitioner
Email: gw19quinnjade@ea.n-ayrshire.sch.uk

Remember we are here to help. Please stay safe and take care.
Sending love from all at Loudoun.



