



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:



BECAUSE CHILDREN HAVE IMMATURE BRAINS, EVERY DAY THEY ARE LEARNING HOW TO DEAL WITH EMOTIONS THAT FEEL VERY BIG AND UNCONTROLLABLE.

WHEN YOU CONSISTENTLY PROVIDE SUPPORT, EMPATHY AND CALM UNDERSTANDING THIS PRESENTS THE OPPORTUNITY FOR CHILDREN TO BEGIN TO DEVELOP STRONG BRAIN PATHWAYS FOR EVENTUALLY REGULATING EMOTIONS ON THEIR OWN.

NEURO NURTURING

## How Do You Feel Today?



jealous



bored



proud



happy



excited



surprised



shy



tired



sad



angry



frightened



sorry

So how are you feeling today? As this is a difficult time for everyone it is very important to keep talking with children and for them to be able to express emotions and begin to understand how to control them.



I can **calm** myself by:

1. Deep breathing.
2. Punching a pillow.
3. Taking a break.
4. Talking about it.



When I'm **angry**, I use:

### The Anger Rules

1. Don't hurt others.
2. Don't hurt yourself.
3. Don't ruin things.

### It's okay to feel

**MAD**

WORRIED

SAD

ANXIOUS

FRUSTRATED

**but...**

Don't hurt yourself

Don't hurt others

Don't destroy property



Everyday routines and activities provide wonderful opportunities to help children:

- become aware of their bodies
- begin to develop the skills to look after themselves
- understand how being clean will help them to stay healthy.

Brushing teeth 

Haircare Using sun cream and hat

Face washing   
Bath time



Washing hands before eating



## Wash, wash, wash your hands

(to tune of Row, row, row your boat)

Wash, wash, wash your hands

Wash them nice and clean

Wash the backs and wash the palms

And fingers in between.



Dry, dry, dry your hands

Dry the water off

Now you've made them nice and clean

And feeling really soft.



Let us Keep Fit:

**CLASSES LIVE ON FACEBOOK**

**Mon 25th - Sat 30th 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**  
Attack Inspired with Danielle 9.30am - 10.30am  
Family Workout with Nikki & Lilly 11am - 11.30am  
HIIT with Mark 1pm - 1.30pm

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

 | leisure #StayHomeStayActive

KA Leisure: Which Facebook Live sessions have you been enjoying the most? We offer a range of sessions from yoga and relaxation to high energy HIIT with a variety in-between!

Below is your timetable for the week ahead - let's make this an active week!

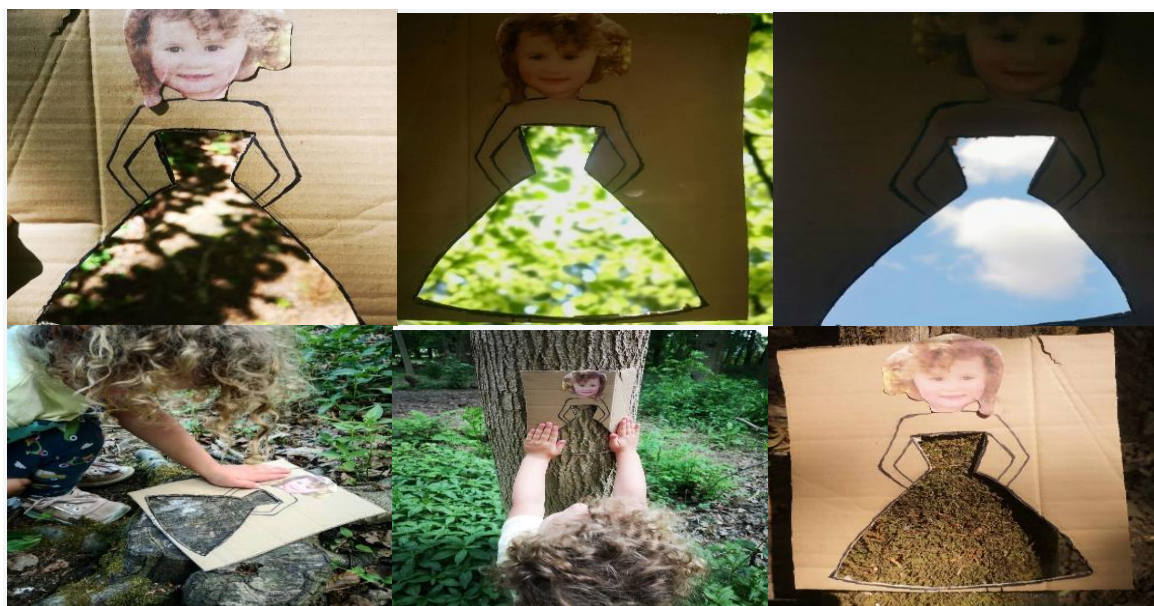
[#StayHomeStayActive](#)

[#ElevateTheEveryday](#)

Please make sure you're ready to exercise and check out our Health Commitment Statement at

<https://bit.ly/2V5tEXd>

Exploring patterns outdoors:





## Wilderness Outdoor Education

### Outdoor Activity #51 - Nature Masks

This is a great creativity activity for kids of all ages. To make one, cut the mask out of cardboard, start to add natural materials, use a glue like PVA or double sided tape to make it stick. To finish add some string or elastic so it stays on your head!

A good activity for role-play and storytelling, you can even try to make symmetrical faces

### Outdoor Activity #46 - Butterfly Feeder ☐



If like us your getting some butterflies in the garden now, then why not help them along with a homemade butterfly feeder.

They're super simple to make and if you place them close enough to a window you can watch to see what species come for a feed. To make one you need a glass jar, some string, clear tape and some flowers.

Firstly you need to try and attract

the butterflies by decorating the jar so it's looks like tasty flowers, tape petals on or you can paint it. Use some string to make a harness so it hangs upside down, next poke a small hole in the lid and stuff an absorbent material into the hole (string, sponge or wool). Finally fill with sugary water and hang from a tree near to where you've seen some butterflies. The string or wool will absorb the sugar water and allow the butterflies to land and sip the solution.

GET THE KIDS OUTSIDE

# 5 THINGS TO DO IN THE RAIN

**YOU'RE AN ENGINEER:** Find where water is flowing somewhere in your backyard. Gather together your construction materials: mud, sticks, leaves, rocks. Decide if you'd like to redirect the water, restrict the flow, or stop it entirely. Then get to work, test out different techniques and show off your engineering skills! (When finished, please dismantle.)



**YOU'RE A METEOROLOGIST:** Observe the weather: How would you describe the rain? Is there much wind? Does the wind affect the rain? Build a rain gauge and estimate how much will fall today.

**YOU'RE AN ARTIST:** Before heading outside, do a drawing using watercolors or washable markers. Try different materials, using paper towels, printer paper, cardstock. Next, take your artwork into the rain. Set a timer for 10 minutes, then check to see how the rain has affected your piece. If not obvious, check back again later. Was the paper towel affected more or less by the rain? What else do you observe?



**YOU'RE A BIOLOGIST:** Go for a nature walk in your yard, neighborhood or local trail. What insects or other creatures do you see? Look for rain-loving creatures: slugs, snails, worms. (If you don't see any, head out after the rain to check again.)

**YOU'RE A MUSICIAN:** With your parents' permission, gather some materials: metal bowls, tinfoil pan, sticks, spoons, cups, etc. Listen to the sound of the raindrops on different materials and decide which sound you like the best. Then fill your cups and bowls with water at different levels, tap on them with sticks, see how the sound changes depending on the level of water.

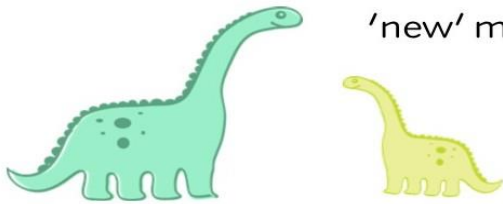




## Early Literacy | Storytelling [words and gestures]

Storytelling is the telling of a story out loud. The storyteller uses words and gestures – and the listener uses their imagination to picture what is happening.

You or your child can be the storyteller. You could re-tell a familiar or traditional story or perhaps a 'new' made-up story.



Listening to a story being told instead of read can be very special.

**peep**

supporting parents and children to learn together

Find more Peep tips:  
@PeepCentre



[www.peeple.org.uk](http://www.peeple.org.uk)



## Early Literacy | Environmental print - pointing it out

**Environmental print is everywhere!** It's the familiar writing, letters, numbers and logos that we see all around us every day – just a few examples are road signs, food packaging and advertising.



Logos and other symbols are a kind of writing – and recognising their meaning is often the first 'reading' that children do.



You can help your child by pointing out environmental print together and talking about what it says.

**peep**

supporting parents and children to learn together

Find more Peep tips:  
@PeepCentre



[www.peeple.org.uk](http://www.peeple.org.uk)  
Peep Learning Together

## What you will need:

A small box with a lid (ideally a flap lid – teabag or washing powder tablet boxes are good - decorated if you're feeling creative!), some small objects or pictures in the box that would make a sound (e.g. toy animal or vehicle).

## What to do:

Sit opposite your child, holding the box. The box becomes 'magic' when you turn it around in your hand, saying the rhyme:

**Turn turn turn the box round**

**Lift the lid and *listen* for the sound!**

Point to your ear as you say 'listen'.

As you open the lid, make a sound with your voice that matches one of the objects. Keep the sound going (with the lid in front of your mouth) until you shut the lid, to extend the magic!

Can your child guess the sound - and make the sounds with you?

## How it helps - a magic sounds box helps children to:

- Listen carefully - and enjoy the anticipation
- Enjoy practising making different sounds with you.

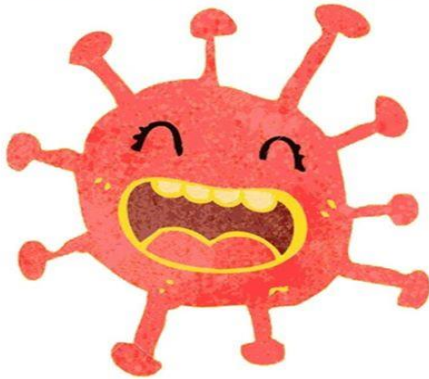




Story time:

# HELLO!

I am a **VIRUS**,  
cousins with the Flu and  
the Common Cold



My name is **Coronavirus**

I love to travel...



and to jump  
from hand to  
hand to say Hi

**HIGH  
FIVE**



MANUELA MOLINA - @MINDHEART.KIDS  
WWW.MINDHEART.CO  
CC BY-NC-SA 4.0 INTERNATIONAL PUBLIC LICENSE

Have you heard about me?

YES

NO

And how do you feel when  
you hear my name?



Relaxed



Confused



Worried



Curious

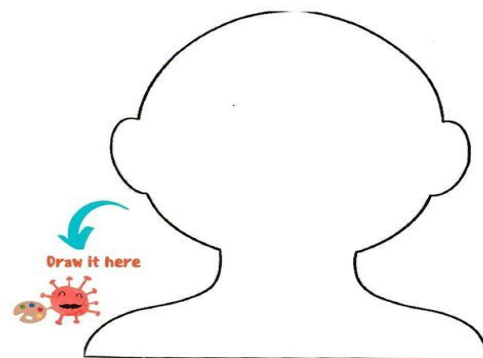


Nervous



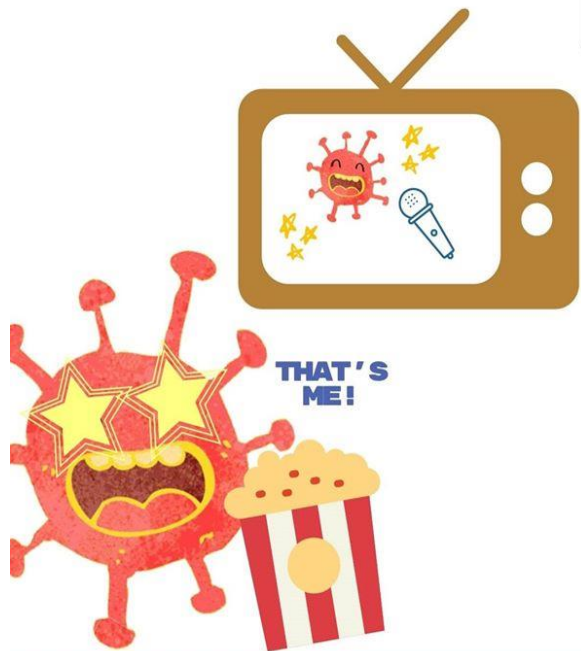
Sad

I can understand you  
feel...

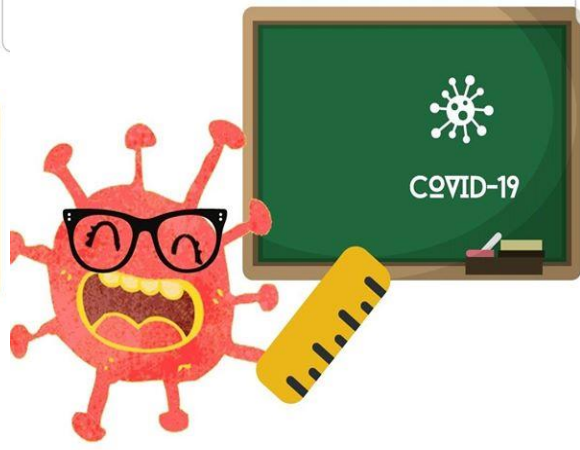


...I would feel the same way

Sometimes adults get worried when they read the news or see me on TV



But I am going to explain myself...



So you can understand...

When I come to visit, I bring...



Difficulty breathing



Fever



Cough

But I don't stay with people for long, and almost everyone gets better



Just like when you get a scrape on your knee and it heals

BYE BYE...



**Dont you worry!**

**The adults who take care of you:**

**will keep you safe**



**And you can help...**

**1**



**By washing your hands with soap and water while singing a song**



You can sing your favorite song, the happy birthday song, or the alphabet song

**2**



**By using hand sanitizer and letting it dry on your hands**



Without moving them count to 10

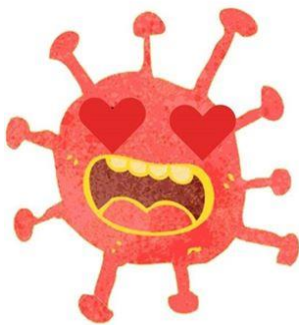
1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Once your hands are dry you can get back to playing!!

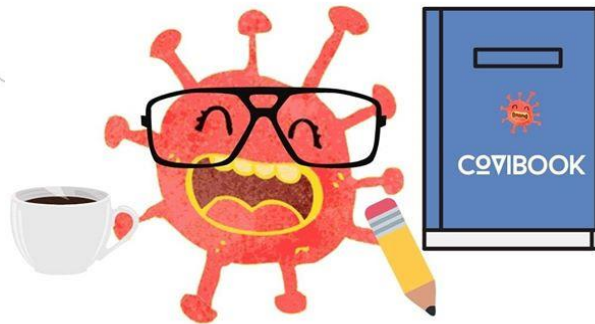
**If you do all that I will not come to visit**



**while the doctors work to find a vaccine that will allow me to say hi without getting you sick.**



**THE END**



**Download this PDF here:**

**[www.mindheart.co/descargables](http://www.mindheart.co/descargables)**

**Author:  
Manuela Molina Cruz  
Instagram: @mindheart.kids  
manuela\_825@hotmail.com**

CC BY-NC-SA 4.0 International Public License

## Singing and Rhyming Time:

### ITSY BITSY Spider

The Itsy Bitsy spider  
went up the water spout.

Down came the rain and  
washed the spider out!

Out came the sun and  
dried up all the rain.

Then the Itsy Bitsy Spider  
went up the spout again!



### My Senses

I can **hear** the birds sing,  
The dogs bark, the cat miaow,  
I can hear the phone ring,  
I can hear YOU!

I can **see** the grass grow,  
The bright stars, the yellow moon,  
I can see the white snow,  
I can see YOU!

I can **smell** the roast meat,  
The fresh bread, the pretty flowers,  
I can smell your dirty feet,  
I can smell YOU!

I can **touch** the soft grass,  
The cold ice, the wet rain,  
I can touch the smooth glass,  
I can touch YOU!

I can **taste** the crispy apple,  
The chocolate bar, the cream cake,  
I can taste the fresh pineapple,  
I can taste YOU!



### The Wheels on the Bus

The wheels on the bus  
Go round and round,  
Round and round,  
Round and round.  
The wheels on the bus  
Go round and round,  
All day long.

The wipers on the bus  
Go swish, swish, swish...

The children on the bus go  
Wriggle, wriggle, wriggle...

The bell on the bus  
Goes ding, ding, ding...

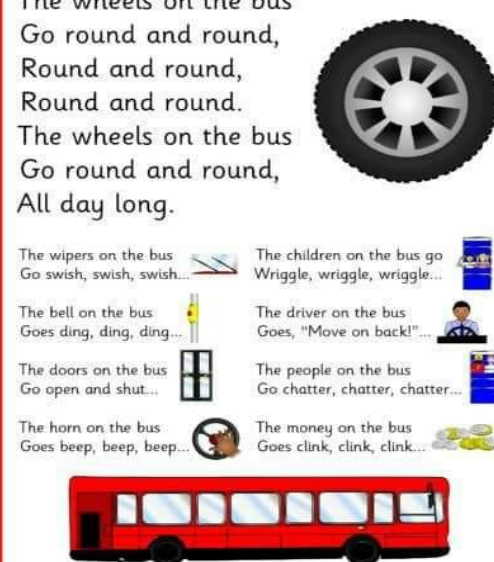
The driver on the bus  
Goes, "Move on back!"...

The doors on the bus  
Go open and shut...

The people on the bus  
Go chatter, chatter, chatter...

The horn on the bus  
Goes beep, beep, beep...

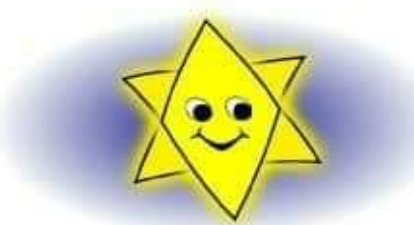
The money on the bus  
Goes clink, clink, clink...



© Copyright 2018, www.sparklebox.co.uk

### 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.



© Copyright 2014, www.sparklebox.co.uk



[10+ Fun Indoor Games and Activities for Pre Schoolers](https://youtu.be/3vAfbUYFDew)  
<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](mailto:gw10mccallumtracey2@ea.n-ayrshire.sch.uk)

Lisa MacAry  
Lead Practitioner  
Email: [gw18macarylisa@ea.n-ayrshire.sch.uk](mailto:gw18macarylisa@ea.n-ayrshire.sch.uk)

Jade Quinn  
Senior Early Years Practitioner  
Email: [gw19quinnjade@ea.n-ayrshire.sch.uk](mailto:gw19quinnjade@ea.n-ayrshire.sch.uk)

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

