



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:

Love Pedagogy



Change and uncertainty can be stressful and even scary. At the moment many of us (children and adults) are experiencing heavy and uncomfortable feelings that for some, are very unfamiliar. In moments of frustration, fuelled with tension, we need to remember to find our inner calm. My favourite mantra is:

- > Pause
- > Breathe
- > Connect

Pause - Stop! If it helps count to 5 or 10.

Breathe - Take a few long, slow, deep breaths.

Connect - Open your heart, listen, reflect, validate, empathise and gain understanding.

When your children are fighting with each other - pause, breathe, connect.

When your partner wasn't able to get the essentials from the supermarket - pause, breathe, connect.


When you're feeling overwhelmed by the invisible load you're carrying - pause, breathe, connect (with yourself).

Whenever you need to, take a moment to Pause, Breathe and Connect; with yourself and others.

Always Remember:

**YOUR
WORDS**

MATTER

	INSTEAD OF...	TRY
	Be quiet.	Can you use a softer voice?
	What a mess!	It looks like you had fun! How can we clean up?
	Do you need help?	I'm here to help if you need me.
	I explained how to do this yesterday.	Maybe I can show you another way.
	Do I need to separate you?	Could you use a break?
	Stop crying.	It's okay to cry.
	Do you have any questions?	What questions do you have?
	You're OK.	How are you feeling?
	It's not that hard.	You can do hard things.
	We don't talk like that.	Please use kind words.

**WE ARE
TEACHERS**

Let us Keep Fit:

CLASSES ON FACEBOOK

Mon 1st - Sat 6th June

MONDAY

Grit Cardio with Lisa	9am - 9.30am
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 for Weight Loss 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
Sh'Bam with Lisa	5.30pm - 6.15pm

SATURDAY

Abs Blast with Kirsty	10am - 10.30am
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| leisure

#StayHomeStayActive

[KLeisure](#): 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>

Daily walk challenge



ELLEBELLE DESIGNS



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[SPIN North Ayrshire SLT](#)

Here is a simple language activity from our friends at Worcester Speech and Language Therapy that will get you talking with your child when out and about on your daily walk.

♀♂ Use the Daily Walk challenge which is a simple scavenger hunt activity to give your walks a little bit of a language focus. When you find something on the list you can have a conversation about it.

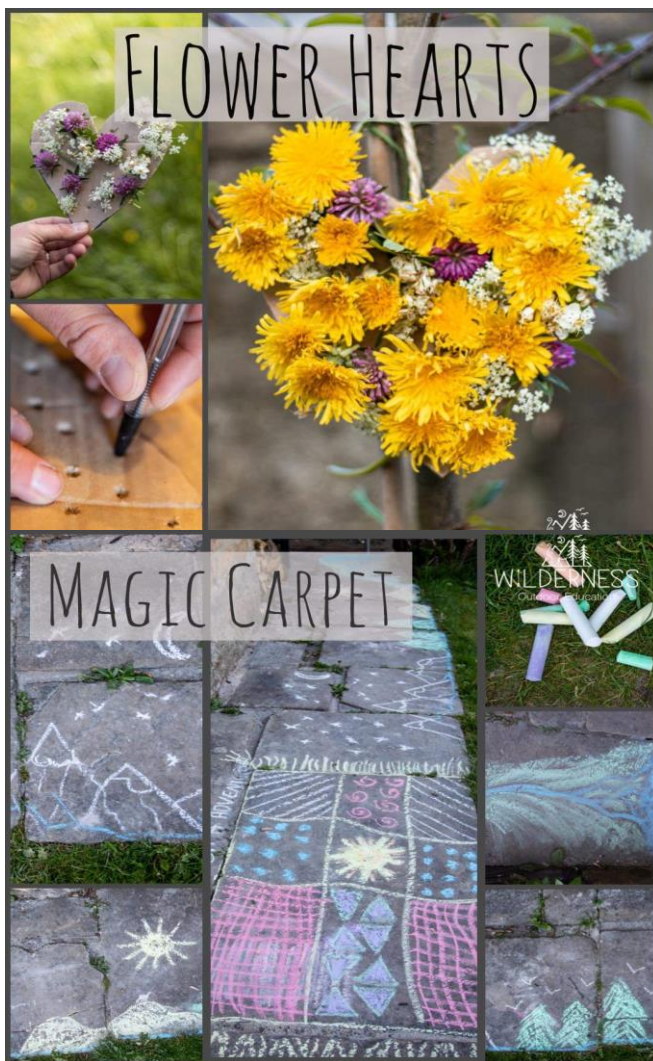
- ? Where you found it
- ? What it is doing
- ? What it looks like
- ? How many you see.

Remember try to balance making comments about what you see with asking questions and watch carefully for what your child is interested in (it might be different from what you think!)

Later that day when your wee one is talking to family or friends on the phone they will have lots to tell them.

Print off the sheet if you can and give your child a copy to take with them as you are walking, but, if this isn't possible, just keep the picture on your phone and look at it together 🖱

Exploring the world outdoors:



Wilderness Outdoor Education

Outdoor Activity #63 - Flower Hearts

🌸🌸❤️ This is a nice outdoor nature craft for you to have a go at this weekend. To make a flower heart you'll need to cut out a heart in thick cardboard, push holes into the cardboard with a biro, finally push the stems of flowers through the holes. Once finished you can hang in a tree or window. For an educational twist you could look at percentages of flowers, symmetry, identification and investigation or you could try other shapes apart from hearts.

Outdoor Activity #61 - Magic Carpet

🏕️ If you have or work with kids then this is something you have to try out. Essentially it's a story telling/imagination activity. There is a few ways of doing this..

1. Ask the child to draw out a rectangle, then ask them to decorate it like a magic carpet. Once complete ask them to sit on the carpet and close their eyes, then ask them to imagine taking off and going on adventure. Ask them to say what they can see, smell and hear, once finished

they could write it down and turn it into a story.

2. Same as the first one, but this time verbally guide them, over I mountains, desserts etc and ask them what they can see, hear etc

3. Finally ask them to draw their carpet, then a route/map through various environments, like ours. Then ask them to go on the journey, they can then come and add to it or annotate it

Story time: While We Can't Hug <https://youtu.be/2PnnFrPaRgY>

Singing and Rhyming Time:

People

♪ □ ✎ 🐾 Simple homemade puppets, or drawing faces on your fingers, can help bring songs and rhymes alive for young children.

□ ✎ 🐾 Playing with puppets can help children's talking develop, as they pretend to talk for baby duck or Humpty Dumpty.

🐾 It can also make it easier to talk about things that might be worrying them, especially during the current strange time - 'I wonder how baby duck and his family are feeling today - do you think they're feeling happy or sad?'

Things to do at home **peep**

Simple puppets for songs, talking and imagination

Puppets can be made really simply from recycled and everyday materials. Children love using puppets or props to make songs and rhymes come to life.

Here are a few ideas to try:

 **Incy Wincy Spider**
One dark glove, stickers for eyes, and up the water spout you go

Wiggly woo
Make a wiggly worm using rope, wool, ribbon, playdough...

Two little dickybirds
Draw faces on your fingers or use sticky labels.



Old Macdonald had a farm - Make simple stick puppets by attaching images of farm animals to straws or lolly sticks.

 **Humpty Dumpty** - Trim a paper plate into an oval shape to create your own Humpty and use a piece of paper with bricks drawn on it as a wall for him to sit on... and fall off!

Tommy Thumb - Draw faces on your fingertips or the fingers of a rubber glove - or draw beaks and sing **Five little ducks went swimming one day.**



Puppets can also help children to talk about feelings and behaviours, and to develop their imagination.

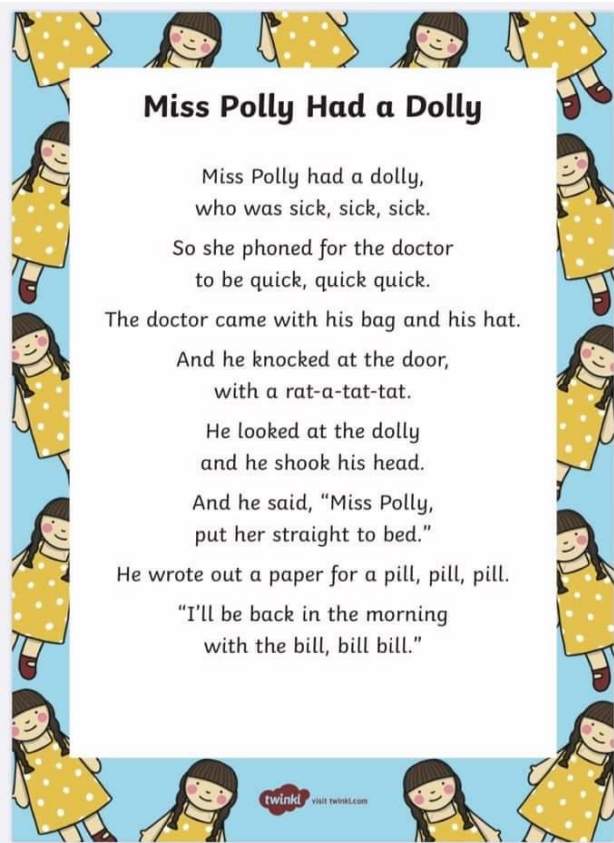
You could act out the song or rhyme together and use the puppets to explore how they might be feeling: 'Do you think Incy Wincy was cross when the rain came down and washed him out of the spout?'

Or maybe make up a story together using the characters from a song - 'Once upon a time there was a worm called Wiggly Woo, and one day...'

peep supporting parents and children to learn together Find more ideas for things to do at home: @PeepCentre    www.peep.org.uk

Miss Polly Had a Dolly


Miss Polly had a dolly,
 who was sick, sick, sick.
 So she phoned for the doctor
 to be quick, quick quick.
 The doctor came with his bag and his hat.
 And he knocked at the door,
 with a rat-a-tat-tat.
 He looked at the dolly
 and he shook his head.
 And he said, "Miss Polly,
 put her straight to bed."
 He wrote out a paper for a pill, pill, pill.
 "I'll be back in the morning
 with the bill, bill bill."



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The Fat Cat

I had a cat
 who was so fat.
 He could not even
 sit on his mat.
 He had a hat
 that did not fit.
 He put it on
 and then it split!



-at

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. 

**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!



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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.

