



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 keep active over the summer period. 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:

# TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

**Spend quality time with kids.**  
When they feel loved and supported, children develop emotional strength.

**Talk about feelings so your child learns to share their worries and fears with people they trust.**

**Instead of rushing to solve problems, give kids time to work things out themselves.**

**When children experience failure or disappointment, it's important to praise their effort and encourage them to try again.**

**Acknowledge your own mistakes to teach kids that mistakes are essential for learning and growth.**

**If your child can't find a solution to a problem, use gentle questioning to guide them towards it.**

**Ensure kids are eating well and getting enough sleep and exercise.**

## Let us Keep Fit:

<https://www.facebook.com/KALeisure/photos/a.305788236142506/2993098717411431/?type>

=3 Your workout time can be your very well earned 'me' time - your chance to switch off, release tension and of course feel great! Are you getting involved next week ↓ loads of great live sessions!

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

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

# CLASSES **LIVE** ON FACEBOOK

**Mon 6th - Sat 11th July**

## **MONDAY**

Evolve (Indoor Cycling) with Erin 5pm - 6pm  
Booty Blast with Lindsey 7pm - 8pm

## **TUESDAY**

Yoga with Eleanor 9.30am - 10.45am  
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  
Dance for All with Claire 2pm - 2.30pm  
Body Attack with Danielle 5pm - 6pm

## **FRIDAY**

HIIT with Mark 9.30am - 10am

## **SATURDAY**

Abs Blast with Kirsty 10am - 10.30am



#StayHomeStayActive

Exploring the world outdoors:



Sometimes being in nature is all you need

explore [play.com](http://play.com)

When children interact with nature it calms their bodies, they have more

freedom to move around, and they get to make real connections with their environment.

Art work Copyright Rachel Pope



Sshhh...you never know who or what you will discover on an adventure!

[explorenplay.com](http://explorenplay.com)

This was a cute activity I did a while ago with some friends children, we went on a quiet tiptoe walk around the garden, and look who were hiding 😊

# Nature Paint Brushes



## Play

❖ Handmade nature paint brushes

[exploreplay.com](http://exploreplay.com)

Made these from locally sourced sticks and ends tied on tightly with cotton.

Brush ends made from:

Conifer - worked well nice and easy to make marks

Pampas grass- great for scratching marks in the paint

Small Herb branch - made marks easily, perfect for dabbing up and down to create marks

Small leaves- these were a bit light weight and I think the paint really weighed them down too much

## Explore n' Play



exploreplay.com

Preparing magical potions

## Explore n' Play



exploreplay.com

Invitation to play

Through play we build the skills for life.



R. Pope  
exploreplay.com

## Explore n' Play

Weaving on a  
handmade stick frame

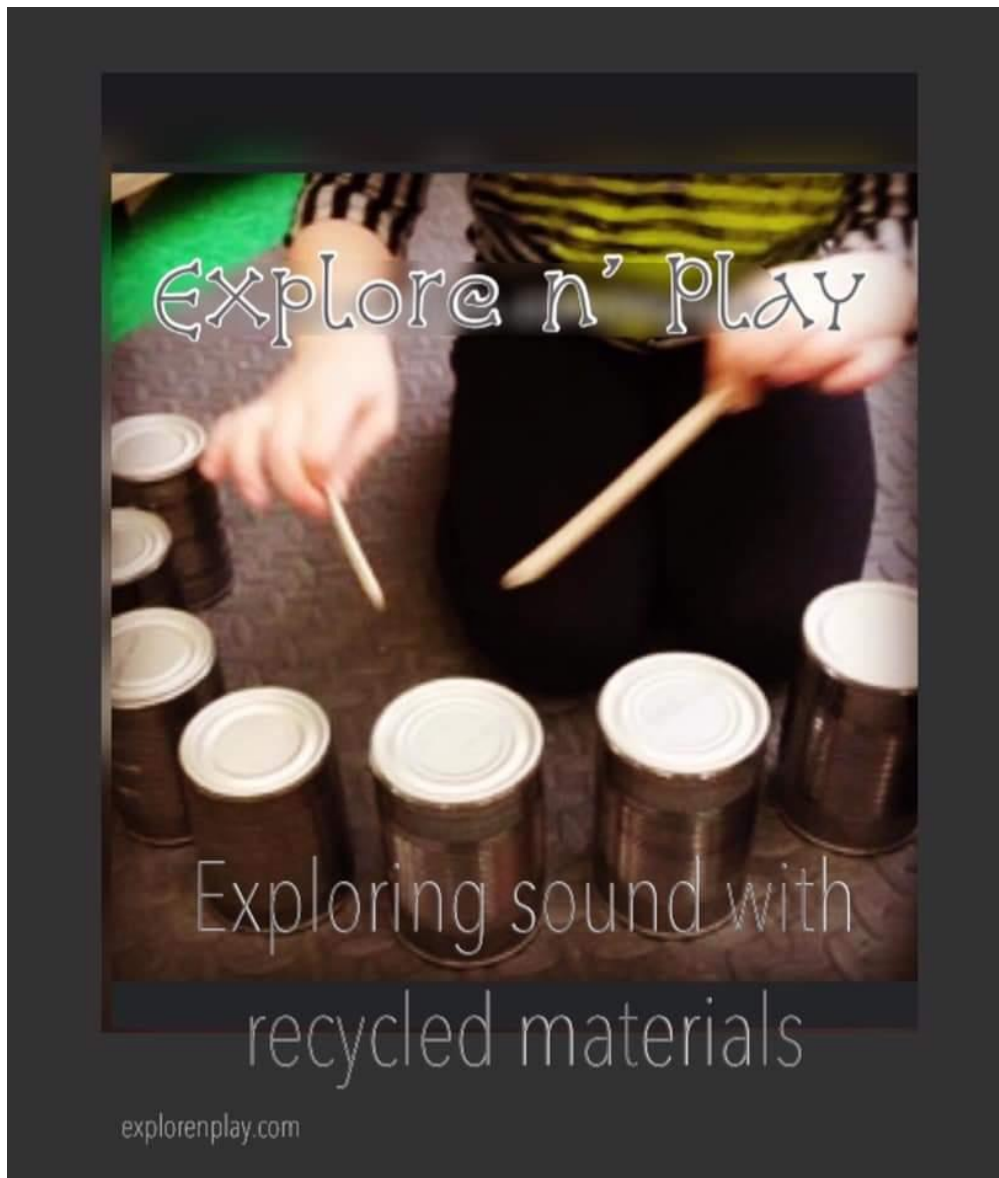
exploreplay.com

### [Explore n' Play](#)

Through play we build the skills for life. Loose parts play with stones and string.

One of my favourite activities, on this stick frame we used old ribbons and yarn, but you can recycle old T-shirt's and cut into strips or for a more natural approach use grasses and flowers.

- Fine motor skills
- Hand to eye coordination
- Concentration
- Creativity [exploreplay.com](http://exploreplay.com)



### [Explore n' Play](#)

Exploring sound with recycled materials.

Learning skills:

- Encourages and promotes creativity.
- Fine motor development and eye-hand coordination.
- Develops sense of rhythm
- Self-confidence and independence in creating something themselves.

[exploreplay.com](http://exploreplay.com)

Please ensure all sharp edges are smooth down before using.

Tins can be decorated with paper or paint for extended creativity.



[Play Scotland](#) Indoor play idea no.90

Ice tower excavation! ☐

Put some toys in a tall container & fill it with water & then put in the freezer until the water turns to ice, & the toys are trapped inside. Ease ice block out container & use salt & warm water to melt the ice.

[#101waystoplay](#)



Talking time:

**Peep tips**

|Communication & Language

## Things to do and talk about together

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Everyday activities are opportunities for everyday chit chat!

Maybe chatting with your child as you get ready to go out and sharing your thoughts about the weather – and then listening carefully to their responses and ideas.



Tell them about what you're doing and why - things that seem boring to you might be new or interesting for them. Or use your imaginations and turn it into a fantastical mission with your child!



Hearing you describe, explain and generally talk about things will help your child to learn about new words and their meanings.

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supporting parents and children to learn together

Find more Peep tips:  
@PeepCentre



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

### Peep

-  Children get better and better at talking when they have lots of things to talk about – and when they have someone to talk with, who listens, joins in, and tries to understand.
-  Sometimes they'll want to talk about their toys or games. But things that, as adults, we've done hundreds of times - fixing, cleaning, putting things away, checking the weather - are still pretty new and interesting for them, especially if you let them join in. (This seems like it will slow you down, but you'll thank your lucky stars a thousand times when they're a bit older and are used to helping out with household chores!)
-  They'll also be learning new words, and maybe develop new interests (understanding how things work etc) - and you'll both have some interesting conversations along the way.



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.

