



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

[#StayHomeStayActive](#) [#ElevateTheEveryday](#)

CLASSES **LIVE** ON FACEBOOK

Mon 20th - Sat 25th July

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
Walking for Weight Loss with Louise	2pm - 2.30pm
Fatburn with Claire	6pm - 7pm
WEDNESDAY	
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
Family Workout with Nikki & Lilly	11am - 11.30am
SATURDAY	
Abs Blast with Kirsty	10am - 10.30am

#StayHomeStayActive

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



Bottle Printing

Bottle top
hyacinths.



Using the
base of
the bottle.



Always good to use what you have, just be creative. I chose to do flowers, but the possibilities are endless as to what you could create. I used an old water bottle, bottle top off an old Pepsi bottle and some paint. Feel free to post your creations... 🎨 [#learningathome](#) [#learningthroughplay](#) [#makinglearningfun](#) [#KS1learning](#) [#becreative](#) [#eyfs](#) [#problemsolving](#) [#understandingoftheworld](#) [#earlylearning](#) [#painting](#) [#craft](#) [#printing](#)



Cress Heads

Another way to explore how plants grow and with this experiment you have the results in a week!

Simply take an empty egg shell, place a piece of cotton wool inside. Add the cress seeds and a drop of water. Leave on a sunny window sill and watch for the cress 'hair' to grow!



Never had as a child who hasn't enjoyed this little activity, so why not give it a go! Easy set up and the results are visible within a week.

Discuss how plants grow, what they need to develop and what might happen if they don't get those things. Once the hair has grown, you can eat it, open a conversation about healthy eating. Happy growing! [#ks1learning](#) [#eyfs](#) [#KS1learning](#) [#learningthroughplay](#) [#becreative](#) [#problemsolving](#) [#understandingoftheworld](#) [#nature](#) [#growingplants](#) [#STEM](#) [#science](#) [#healthyeating](#) [#predicting](#) [#cressheads](#)



Using Scales

Not everyone has a set of balance scales at home, so here's an easy make so that you can talk about weight at home.



String, two flower pots and a coat hanger. Wouldn't want to make a cake with them, but they are perfectly fine for talking about weighing.



Weigh various objects and use correct mathematical language; heavy, heavier, heaviest, light, lighter, lightest. Ask why is this lighter/heavier? How do you know?

[At home with Mrs H](#)

Weighing is always a fun activity for children that children enjoy. Make your own or use what you have. Vocabulary is key, so always push to develop the correct use of words; heavy, heavier, heaviest etc. Weigh things that you can find in the garden, everyday objects, and ask the child to predict which will weigh the most and least. Enjoy your day! ☀️ [#learningathome](#) [#learningthroughplay](#) [#eyfs](#) [#becreative](#) [#earlymaths](#) [#makinglearningfun](#) [#KS1learning](#) [#becreative](#) [#eyfs](#) [#problemsolving](#) [#maths](#) [#weighing](#) [#shapeandmeasure](#)



Outdoor Shape

Whenever you're outdoors, take the time to use what you find to talk about maths. Symmetry, counting or today's activity, shape.



Discuss shape names, how many corners, sides are there? Are they 2D or 3D?

Encourage children to make the shapes. Notice if the sides are curved or straight.



[At home with Mrs H](#)

Embrace the day, take the learning outside and enjoy the day. Today's activity is 2D shapes, which can easily be extended into repeated patterns, symmetry and once home comparing 2D shapes with 3D shapes. Always ask you little one to name the shapes, challenge whether 2D or 3D and how do they know? Have a lovely day! [#outdoorfun](#) [#becreative](#) [#eyfs](#) [#learningathome](#) [#learningthroughplay](#) [#outdoorlearning](#) [#outdoorfun](#) [#symmetry](#) [#shape](#) [#shapeandmeasure](#) [#geometry](#) [#makinglearningfun](#) [#nature](#) [#discreetlearning](#) [#problemsolving](#) [#pattern](#) [#repeatingpatterns](#) [#understandingoftheworld](#)



Lava Lamp

A great experiment,
guaranteed to fascinate and
excite children.

You need :

- * Vegetable Oil,
 - * Alka-Seltzer tablet,
 - * Food colouring
 - * Water.
-
- * Half fill a glass with vegetable oil.
 - * Add the food colouring to the water.
 - * Pour the coloured water on top of the vegetable oil, leaving an inch from the top.
 - * Drop in the Alka-Seltzer and watch!



How it works: Water and oil don't mix; the Alka-Seltzer reacts with the water to make bubbles. The bubbles attach themselves to the blobs of coloured water and forces them to the top of the glass. When the bubble pops, the blobs of coloured water drop down to the bottom of the glass.



[Next](#)

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Great experiment for all ages. My video in the comments. Have fun! [#science](#) [#STEM](#) [#ks1learning](#) [#learningathome](#) [#learningthroughplay](#) [#eyfs](#) [#becreative](#)



Frozen Eggs

A great experiment to demonstrate the process of freezing and melting.

You need:

- * flowers from the garden.
- * empty egg shells.
- * water.
- * freezer.



Push a few flowers into the hole in the egg. Add water and freeze. Easier if you place eggs in an egg box to freeze.

Once frozen, remove the egg shells to reveal your beautiful eggs!

[Next](#)

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Investigating ice is an exciting, sensory activity for children. Taking a liquid, changing it into a solid and then back to a liquid, it's 'magic.' Relate to the weather, when do we see ice and why? Ask the child to predict what might happen at every stage and ask how you could get the flowers out once frozen. Use salt, warm water on different eggs and see what happens. Have a great Sunday!

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ATTACHMENT PLAY GAME

Show me your smile



**NEXT TIME YOUR FEELING
DISTANT FROM YOUR CHILD,
SEARCH FOR THEIR SMILE.
MAKE SURE YOU CHECK
BEHIND THEIR EARS, IN THEIR
BELLY BUTTON AND UP THEIR
NOSE...**

Find the play and save the day!



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.



