




Dear Parents/Carers,

We hope you and all your families are all well. Below are some useful websites and fun ideas to help keep your children active during this short period of isolation. We would love to see photos etc of children during this time, all photos and videos can be emailed to [gw18macarylisa@ea.n-ayrshire.sch.uk](mailto:gw18macarylisa@ea.n-ayrshire.sch.uk). Not all activities will suit the needs of every child therefore; they can be adapted to suit.

Things to do at home **peep**

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



### Food!

- Can you cut your toast into 4 pieces? Can you cut it into triangles?
- Setting the table. Counting the right number of plates etc. How many more do we need?
- Can you make shapes/ patterns out of the knives and forks. Can you put them in the right place in the drawers?
- Helping with the cooking by measuring and counting ingredients. Also peeling and chopping, under supervision.

- Setting the timer.
- Positional language at dinner time: what is on/under the table/plate? Who is sitting beside, in front of?

### Pretend Play: Play shops:

- Looking at price tags
- Use tins etc from your cupboard.
- Give your child lead roles.
- Counting items into your bag
- Finding and counting coins.
- Comparing weights - which is heavier

### Make playdough:

Here's a simple recipe:

*2 cups of plain flour*

*1 cup of water*

*1 tea spoon cooking oil*

*food colouring and essences (optional)*

*Put all ingredients into a large bowl and mix together to get the right consistency. (Please note you may need to add more flour.)*

Then ....

- Make numerals and shapes
- Sort shapes into groups, or order by size
- Make long and short wiggly snakes.





### Measuring

- Are you taller than a ...?
- Marking height on the wall.
- Cut hand shapes out of paper. How many hands long is the couch? How long is the table? Which is longer?
- Who has the biggest hands in our family?
- Internet maths games:
  - [www.mathszone.co.uk](http://www.mathszone.co.uk)
  - <http://www.bbc.co.uk/bitesize/ks1/maths/>
  - [http://www.familylearning.org.uk/online\\_math\\_games.ht](http://www.familylearning.org.uk/online_math_games.ht)
  - [www.sesamestreet.org](http://www.sesamestreet.org)
  - [themathsfactor.com](http://themathsfactor.com)
  - (Carol Vorderman.)



## 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!

Houses and Homes. Activities and Games.

<https://www.twinkl.co.uk>

**Let us Keep Fit:** Tiny the T-Rex | A Cosmic Kids Yoga Adventure!



Cosmic Kids Yoga. Available on **YouTube**

**Reading together: Read a story everyday:**

Children all enjoy a story and to hear their favourite story over and over again. With repetition it allows for children to re-tell the story and recall information and events within the story.

Children could create their own story book and read it to you.

**Sing Together: rhymes and songs:**

**Rhyming at home can have many benefits and here are just a few:**

- . Studies have shown that children who hear rhyme and enjoy rhyme tend to speak more easily.
- . A child who knows four nursery rhymes by the time they are four will naturally be a better reader at eight years old.
- . It assists in children's social skills.
- . A familiar voice singing to children can have a calming effect on a child.
- . It develops skills to communicate properly.
- . Will enhance vocabulary.
- . Promotes eye-contact and assists in non-verbal communication.
- . Most importantly it gives children a love of language and helps them become confident learners. **(Sing lots of familiar rhymes together, and make up your own silly rhymes.) Your children have been enjoying rhyme time in the nursery below are some familiar rhymes your children have been singing:**

## Hickory Dickory Dock



Hickory dickory dock.  
The mouse ran up the clock.  
The clock struck one,  
the mouse ran down.  
Hickory dickory dock.



## Baa, Baa, Black Sheep

Baa, baa black sheep  
have you any wool ?  
Yes sir, yes sir,  
3 bags full.  
One for the master,  
one for the dame,  
and one for the little boy  
who lives down the lane.



# Humpty Dumpty



Humpty Dumpty sat on a wall.



Humpty Dumpty  
had a great fall.

All the King's horses and all the King's men,  
couldn't put Humpty together again.

# 1, 2, 3, 4, 5



1, 2, 3, 4, 5,  
once I caught a fish alive.



6, 7, 8, 9, 10



then I let it go again.

Why did you let it go ?



Because it bit my finger so.

Which finger did it bite ?

This little finger on the right.



## Incy Wincy Spider



Incy Wincy spider,  
climbing up the spout.



Down came the rain  
and washed the spider out.

Out came the sunshine  
and dried up all the rain.



So Incy Wincy spider  
climbed the spout again.



## 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.



Your child can teach you lots more or try this website which has the words and sings it for you:

[http://www.nurseryrhymes4u.com/NURSERY\\_RHYMES/COUNTING.html](http://www.nurseryrhymes4u.com/NURSERY_RHYMES/COUNTING.html)

Here is one of the childrens favourites:



## I Had a Little Turtle

I had a little Turtle,  
His name was Tiny Tim.  
I put him in the bathtub,  
To see if he could swim.

He drank up all the water  
And ate a bar of soap.  
And now he's in his bed,  
With bubbles in his throat.

Bubble, Bubble, Bubble,  
Bubble, Bubble, Bubble,  
Bubble, Bubble, Bubble  
Bubble, PoP!



Please remember we are here to help you. Take care and see you soon.

# HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

@BELIEVEPHQ [www.BelievePerform.com](http://www.BelievePerform.com)



**LOVE**  
Be there for your child and show care and love

**EXERCISE**  
Encourage play, exercise and sport

**BEHAVIOUR**  
Keep an eye out for any changes in behaviour

**SUPPORT**  
Regularly support, encourage and praise your child

**REST TIME**  
Help your child to manage stress by building in some rest time

**BE PROUD**  
Tell your child that you are proud of them

**PATIENCE**  
Be patient. Don't pressure your child

**HELP**  
Don't be afraid to seek help from professionals

**FEELING**  
Get to know how your child is feeling

**EDUCATE**  
Educate yourself about mental health problems

**PROBLEM SOLVING**  
Help your child to effectively problem solve

**LISTEN**  
Make sure you take time to listen to what your child has to say

**COPING**  
Help your child to learn some simple coping skills such as relaxation

**SYMPTOMS**  
Be aware of signs and symptoms

**CONVERSATION**  
Encourage your child to engage in conversation

**ENVIRONMENT**  
Provide a positive environment for your child where they can thrive



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.

