



St. Lucy's Mindfulness Monday

Yoga

Yoga has many benefits for your mind and body.

Yoga helps:

- Balance, strength, posture, flexibility and co-ordination.
- Release stress and anxiety.
- Aid a better sleep.
- Positive thinking.
- Try a Cosmic Kids yoga workout:

<https://www.youtube.com/user/CosmicKidsYoga/videos>



Cloud Gazing

Listen to this story before going outside.

[It Looked Like Spilt Milk](#)

By Charles G. Shaw

- Find a relaxing place outside and lie down.
- Look up to the sky and see what shapes you can see in the clouds.
- What can you see?



Safari Stroll

- Go outside on an exciting adventure.
- Look for interesting rocks, plants and flowers.
- Pay attention to the nature around you as you walk.



Muscle Relax

Find a comfortable space and lie down on the floor. Let's wiggle our muscles.

- Start with your toes.
- Wiggle your legs.
- Move your body side to side to wiggle your tummy.
- Shake your arms.
- Shrug your shoulders up and down.
- Move your head slowly, side to side.

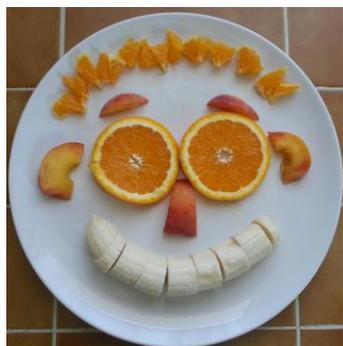




St. Lucy's Tasty Tuesday

Make a Fruit or Veg Face Snack

- Prepare some fruit or vegetables.
- Use the fruit or vegetables to create a face.



Try Something New

Let's try something new.

- Try making a new snack.
- Help to make something for dinner.
- Make a new smoothie.
- Or try a new food that you haven't tasted before ☺



Guess the Fruit

What you need;

- Pillow Case
- A selection of fruit & vegetables.

Put the selection of fruit and vegetables into the pillow case. Close your eyes and use your hands to guess what fruit and vegetable you can feel.



Eat Well

Help to sort a bag of shopping.

- What foods are healthy?
- What foods are unhealthy?

Remember, it's good to eat healthy foods but having something unhealthy as a treat is ok too.





St. Lucy's Work Out Wednesday

Bean Game

This is a fun way to warm up before you do some workout.

- Runner Bean - Run on the spot
- Jelly Bean - Wobble your body like jelly
- Broad Bean - Put your arms and legs out wide
- Bean sprout - Crouch down low and slowly stretch up high
- Jumping Bean - Jump up and down on the spot
- Baked Bean - Lie down on the ground



Just Dance

Use 'Just Dance Kids' on YouTube. Copy the dance moves and ask your family members to join!

Here are some links to popular ones we like to do in nursery.

[I Like to Move It](#)
[I'm a Gummy Bear](#)
[Bibbidi Bobbidi Boo](#)



Move to Music

- Play a song that makes you happy.
- Invite family members to pick their favourite song to share.
- Make up a dance to your chosen song and teach it to someone in your family.

Relax and enjoy some music!



Sticky Kids

Let's do a Sticky Kids Workout.

Sticky Kids is great for getting young children to move, while developing their listening skills, balance, co-ordination, memory as well as some literacy and numeracy skills.

<https://stickykids.podbean.com/>

<https://www.youtube.com/channel/UC4W7JLWPuTLBpF7pVzLLKiA/playlists>





St. Lucy's Thoughtful Thursday

Post a Hug

Watch the short story "While we can't hug" BY Eoin McLaughlin on YouTube

<https://www.youtube.com/watch?v=2PnnFrPaRgY>

- Sellotape paper together or use an old roll of wallpaper
- Lay down on top of it and put your hands out to each side.
- Ask someone to draw your outline.
- Colour it in.
- Post your hug to someone special.



Family and Furry Four-Legged Friends

Who or what do you enjoy spending time with? Is it a family member or a pet?

- Spend 15 minutes giving this special person or four-legged friend some love and attention.



An Attitude of Gratitude

Each day take a few minutes to talk and reflect on things you are thankful for.

- Write or draw a picture of one of these special moments, things or people this week.

Think about a special person in your life. This could be a friend, family member or someone else.

- Draw a picture for one of these special people and share it with that person.



Feel Good

- Do something this week that makes you or someone in your house feel happy.
- It could be drawing, baking, exercising, dancing or simply giving someone a big hug!





St. Lucy's Nursery Rainbow Virtual Sports Day 2020



Just because we are at home, does not mean we can't have a super sports day! This year we are having a rainbow theme to echo the rainbows you will all be spotting around our community. Have fun trying the activities below and remember to share your photos on our nursery twitter page

R	A	I	N	B	O	W
Running	Animals	Inside Out	Nine	Ball skills	Obstacle Course	Welly throwing or Water Balloons
<p>This activity is all about speed. Can you:</p> <p>run around your garden</p> <p>Run upstairs and back down in your house</p> <p>Run on your walk with your dog</p> <p>Run around your local park</p> <p>You could add a challenge by setting a time limit e.g. can you do it for 1 minute or 2 minutes</p>	<p>You can try this activity inside or if the weather is nice in your garden or an outdoor space.</p> <p>Can you:</p> <p>Run like cheetah</p> <p>Bounce like a kangaroo</p> <p>Climb like a monkey</p> <p>Slither like a snake</p> <p>Waddle like a penguin</p> <p>Can you think of any other animals?</p>	<p>For this activity you need to make 3 checkpoints. Put an item of clothing at each point. When you get to each point, put the item of clothing on inside out.</p> <p>Can you make;</p> <p>Small steps to the first point.</p> <p>Wide strides to the next point.</p> <p>Walk backwards to the last point.</p>	<p>Can you do the following 9 times:</p> <p>Hop on one foot</p> <p>Star jumps</p> <p>Touch your toes</p> <p>Kick your legs</p> <p>Touch your knees</p> <p>Climb a mountain</p>	<p>Let's try some ball skills.</p> <p>Use your foot to guide the ball around some items and back again.</p> <p>Bounce the ball and catch it with two hands.</p> <p>Bounce the ball with one hand.</p> <p>Throw the ball back and forth to someone.</p>	<p>You can try this activity inside your house or outside if the weather is dry. Make an obstacle course to include:</p> <p>Running</p> <p>Jumping</p> <p>Throwing</p> <p>Skipping</p> <p>Bouncing</p>	<p>Get a pair of wellies and throw one of them. Throw the other one to see if you can get it further.</p>  <p>Fill up some water balloons. Try to get as many of them into a basin, basket or a box.</p>