
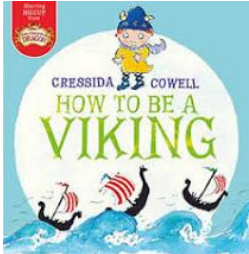

















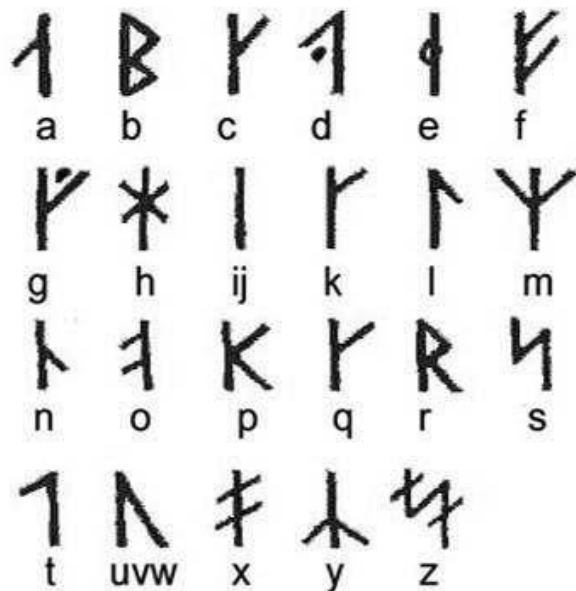
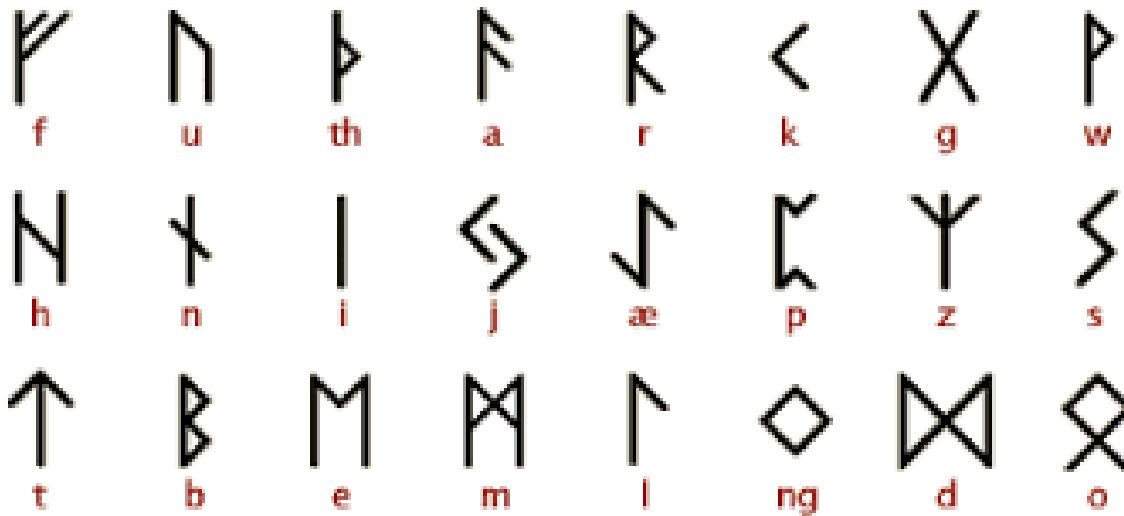


Up Helly Aa and Viking Ideas – Home Nursery Term 3 Week 4 All of these ideas are cross-curricular but we have chosen a focus for each one below:

Literacy	Numeracy	Health and Wellbeing	Messy/Sensory Play
<p>Can you talk to a grown up about Up Helly Aa? Do you know anyone who has been out guizing, been in a Jarl Squad or been to a hall? Maybe some of you have been? Can you share some photos on the Facebook page? We'd also love to see your drawings.</p>  <p>Here are some stories being read on Youtube about Vikings:</p> <p>How to be a Viking – Cressida Cowell</p>  <p>The Littlest Viking – Alexandra Penfold</p> <p>The Little Viking – Nina Krohmer</p>	<p>Try playing Nims Game. Two people can play. Find ten objects. Take it in turns to take either one, two or three of the objects away. The person who takes the last object away is the loser. Here is some more information and ways to make the game more exciting or trickier if you all enjoy it. Find some interesting or fun things for your objects and let us know what you use!</p>   <p>Can you look on a map to see where the Vikings came from? Can you find where Shetland is?</p> 	<p>The Vikings couldn't just go to the shop to get butter, they had to make their own.</p>    <p>If you have some cream you can do the same. It is quite hard work and needs strong muscles! Can you manage? Here is a recipe.</p> <p>Can you dance or just listen to some of these songs – it is a Scottish music playlist which Dr Justice created, with lots of Shetland songs. Can you sing along and clap or stamp your feet in time to the music? Can you dance or run or clap faster at the fast, loud bits and go slower at the slow, quiet bits?</p> 	<p>Can you help a grown up to make a Viking face out of your lunch? Add a beard for the Viking men and long hair for the Viking women. Use playdough or draw if you can't do a food face.</p>   <p>Can you make bannocks? Here is an easy recipe. If you make a fire with a grown up this week try these bread twist and bannock recipes to cook over a fire.</p>  
<p>Vikings had their own letters – Runes. Have a look at the sheet below to see what they looked like and for some ideas what to do with them.</p>  <p>Colouring in is great to help us get our fingers ready for writing. Here are some Viking colouring pages. Let us know if you need us to print some off for you.</p> 	<p>Can you make your own Viking shield? Think about what shapes you want to put on it. Will you make a pattern too? Talk about your ideas with a grown up first.</p>  <p>We have a phone book in nursery with everyone's photograph and phone number. Can you make one at home for the people you know and love? You could draw their picture if you don't have a photo and either use the real phonebook to find their number or ask a grown up to tell you it. With a grown up, can you use your phone book to make a call?</p>	<p>Can you join in with Hot Chocolate Friday? Have a hot chocolate or warm milk at any time during the day which suits you best and then help a grown up put your picture on to Facebook so everyone can see you. Can you add a different ingredient to your drink this week?</p>  <p>Here are some ideas for PE at home. Can you spell your name in PE?</p> <p>Spell your name PE!</p> <ul style="list-style-type: none"> A- 3 jumping jacks B- 3 jumping jacks C- 10 jumps D- hop on your right foot E- hop on your left foot F- crab walk for 10 seconds G- do 5 air ups H- 10 mountain climbers I- 5 push ups J- 30 second high knees K- kick your right foot as high as you can L- kick your right foot as high as you can M- 10 jumping jacks N- 10 jumps O- hop on your right foot P- hop on your left foot Q- do 5 air ups R- do 10 mountain climbers S- crab walk for 10 seconds T- 5 push ups U- kick your right foot as high as you can V- kick your right foot as high as you can W- run in place for 30 seconds X- run with high knees Y- 5 push ups Z- 5 air ups 	<p>Can you make your own Viking galley? Here is a design from Shetland Library you can colour in and get a grown up to help you cut out and stick together and here are some easier boat ideas to try.</p>  <p>Together with a grown up can you make a fire to burn your galley on? Remember to have a talk before you light the fire to think about all the things you have to do to be safe with fire. Can you share your ideas on the Facebook page? Remember to sing and do three cheers!</p> 

Viking Runes (Letters)



Here are two different kinds of Viking runes or letters.

Can you write your name using them?

Do any of the letters look like any of the letters we use? Or do they remind you of something else?

What are type or marks are most of the letters made of? Straight, curved, wavy, zigzag? What words would you use to speak about them?

Why don't you try writing a secret message to a grown up? Or to the other children? Put a picture of it in the Facebook group and see if anyone can read it.

Some runes meant entire words! Have a look [here](#) to see. 'K' meant fire, 'I' meant ice and 'S' meant sun. Can you make up your own words for what they could mean?