St. Columba’s Nursery Class

Home Learning Health and Wellbeing Activities Week 1

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| Talking and Sharing   * Make a treasure box with your child * Decorate a shoe box-you will need, paint, glue, fabric, stickers, pens, wrapping paper * Collect things that are important to your child to put in the box * Encourage your child to share and talk about the objects and why they are special | Hand Washing Song   * Hand washing can be a fun activity * Sing the hand washing song (to the tune of Row, row, row your boat) * Wash, wash, wash your hands, wash them nice and clean, Wash the backs and wash the palms, and the fingers in between | Go on a bug hunt   * Talk about where you could find some minibeasts, where they live and what they eat * Go to your local park or your garden * Explore under rocks and logs * Take a magnifying glass to look at them more closely |
| Try Yoga   * Develops strength and flexibility * Increases body awareness, balance, and coordination * Provides an emotional regulation tools * <https://www.cosmickids.com/> | Sensory Play   * Sensory play arouses children’s imaginations, creativity and curiosity and is great fun! **Gloop** is an interesting mixture with a unique texture and is great for sensory play. * Try making gloop * <https://www.learning4kids.net/2012/05/02/how-to-make-gloop/> | Developing coordination   * Make homemade bean bags using old socks and rice or pasta * Use a large container to throw the bean bags into * You can make this trickier by using smaller containers or moving the container further away |