![C:\Users\elizabeth.notman\AppData\Local\Microsoft\Windows\INetCache\IE\6CMLNFUX\CartoonKids(1)[1].gif]()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
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| 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
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