![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 2

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| Paper Fish Race* Cut out fish shape from paper.
* Stand at one end of room.
* With another piece of paper / card wave it at the paper fish to move it.
* Race to the other side of room.
 | Image result for den building free clipMake A DenDen building is a fun way to make maths exciting!* You will need-open ended materials e.g.: sheets, pegs, blankets, cardboard boxes, under a table
* As the Den is being constructed children develop their maths through talking, counting, using number language, how big, how wide, how tall, exploring shape and space, estimating and measuring.
 | Help to prepare a meal at homeRelated image* This could involve chopping/slicing fruit/veg.
* Counting out amounts needed.
* Spreading skills etc.
* Discuss what is healthy/unhealthy.
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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/>
 | Make A Paper Plate PictureDraw or stick objects onto a paper plate to make a mounted picture. | Play a memory game* Put 5 objects on a tray.
* Ask your child to look and name each object.
* Cover the tray with a dish towel.
* Take an object away.
* Uncover the objects, can your child tell you what is missing.
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