

Monday 22<sup>nd</sup> June 2020

Good Morning everyone we hope that you have had a lovely weekend and are ready for the week ahead. We are now in the last week of school term before the summer holidays.

As we have been unable to have our usual school/nursery trip. The school have decided to go on a virtual trip to Disney Land, we thought we could join in in the fun to.



Still keeping with health and fitness theme too "Healthy Harry" loves it when we stay fit and healthy.

After the story of Frozen maybe some of you might like to try some Frozen themed Yoga from cosmic kids. We all love doing cosmic kids in nursery, click on the following link. Enjoy!

<https://youtu.be/xlg052EKMtk>



A little challenge that you can try is sorting different foods into healthy or unhealthy groups. You can do this either using the pictures below or by having a look in your kitchen cupboards and fridge at real items. In nursery we spend lots of time chatting about what makes us healthy or unhealthy and

amounts of different foods we should try to eat. The children are really good at discussing this in nursery.



### Creative activities

Maybe you could try making a princess tiara or prince crown. There are lots of different ways to make crowns here are a few ideas how will you make Yours?



A song to sing and dance to with Everyone!  
Put it on Youtube and join in.

<https://youtu.be/moSFlvxnbjk>

"Let it Go"

(from "Frozen" soundtrack)

The snow glows white on the mountain tonight  
Not a footprint to be seen  
A kingdom of isolation  
And it looks like I'm the queen

The wind is howling like this swirling storm inside  
Couldn't keep it in, heaven knows I've tried

Don't let them in, don't let them see  
Be the good girl you always have to be  
Conceal, don't feel, don't let them know  
Well, now they know!

Let it go, let it go  
Can't hold it back anymore  
Let it go, let it go  
Turn away and slam the door

I don't care what they're going to say  
Let the storm rage on  
The cold never bothered me anyway  
It's funny how some distance  
Makes everything seem small  
And the fears that once controlled me  
Can't get to me at all!

It's time to see what I can do  
To test the limits and break through  
No right, no wrong, no rules for me  
I'm free

Let it go, let it go  
I am one with the wind and sky  
Let it go, let it go  
You'll never see me cry

Here I stand and here I stay  
Let the storm rage on

My power flurries through the air into the ground  
My soul is spiraling in frozen fractals all around  
And one thought crystallizes like an icy blast  
I'm never going back, the past is in the past

Let it go, let it go  
And I'll rise like the break of dawn  
Let it go, let it go  
That perfect girl is gone!

Here I stand in the light of day  
Let the storm rage on  
The cold never bothered me anyway!