

Home Learning

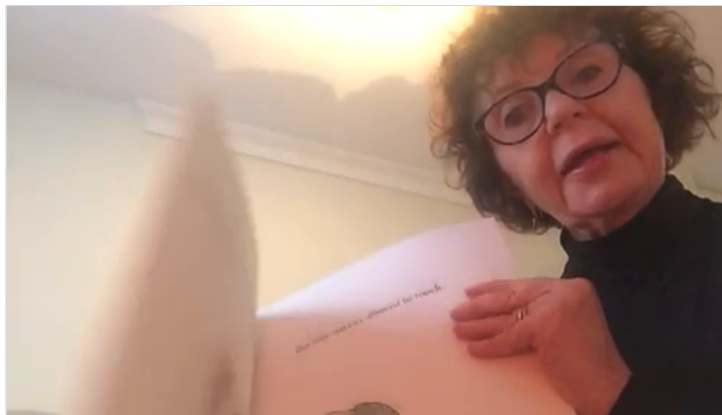
Week: 3 February 2021 - Children's mental health awareness week - Feelings

BARNET_EARLY_YEARS_ALLIANCE JAN 09, 2021 03:03PM

Stories, Phase One Phonics & Songs

While We Can't Hug

It's story-time with Sandy!



D4FE560C_8375_4C9D_9221_BE80E0B63058.MOV

2:26 video

PADLET DRIVE

Body percussion

Can you join Carly making sounds using different parts of your body?



16A0FB7E_6316_4CD7_A3B1_1097B53F346B.MOV

2:09 video

PADLET DRIVE

Ruby's Worry

The world is full of worries for both grown ups and children at the moment.

It's ok sometimes to not feel ok.

It is good for children to know everyone has worries from time to time. Talking and sharing our worries can help make them smaller, just like Ruby!



Bedtime Stories | Katie Piper | Ruby's Worry | Cbeebies

by Cbeebies Bedtime Stories

YOUTUBE

Feelings song

Feelings Song

by BEYA

YOUTUBE

Activities

Sensory

Explore Shaving Foam, Rice or Flour

Put one of the above in a tray or shallow container. Explore with your hands and arms.

What does it feel like?

What does it smell like?

Is it soft or hard?

Can you make patterns and shapes with your hands and fingers?

How does it make you feel?



Exploring Nature

Creating art using nature is a therapeutic way of supporting everyone of us as well as inspiring us to create masterpieces. It is a way of bringing the natural world inside. Nature art combines being outside with physical movement and creativity. It's a perfect trio to support our well being.

You can find interesting natural objects in your garden, and if you don't have a garden you can find natural treasures in your local park or woods, and hopefully soon if you go to the beach!

When you are next out for a walk or in your garden with your child have a bag ready to collect whatever you find of interest.

Some ideas could be stones, twigs, branches, flowers, leaves, rocks, foliage, petals, shells, acorns, conkers and pine cones.

You can support and encourage your child to use the treasures to make sculptures, create collages, paint them, incorporate them into their drawings and paintings, or add them to play dough....the sky is the limit!

Please have fun together creating with nature. Acknowledge how you and your child feel - Is your child relaxed and at ease? It's crucial we all find things that can support us to take time and enjoy the moment.



Toy Breathing

An activity to promote mindfulness, calm and relaxation for young children.

Get your child to lie on their back and balance a toy on their tummy.

Talk your child through breathing slowly in and out, pointing out how the toy goes up when they breathe in deeply, and down as they breathe out.

Can they make the toy go even higher and even lower with their next breath?



Belly breathing

Instagram

Don't forget to follow us on instagram for more inspiring ideas.

@brookhillnursery

@hampden_way_nursery

@stmargaretsnurserybarne

Maths Challenge

Fruit Kebabs

We need to eat lots of healthy food so that our bodies can work properly. Fruit and vegetables give us energy to work, play and grow. Why not try making a healthy Fruit Kebab?

Using a knife very carefully, cut your chosen fruit and slide onto a metal or wooden skewer.

- Cut your fruit in half, quarters or slices.
- How many pieces do you have?
- What colour is your fruit?
- What shape is your fruit?
- How many pieces are on your skewer?
- How many pieces did you eat?



Water

Keeping our bodies hydrated is extremely important. Hydration has an impact on our brain as well as our bodies. Not drinking enough can have a negative impact on our memory, mood, energy and anxiety levels. Are you drinking enough water every day?

- Can you pour yourself a cup of water using a jug?
- Count how many cups you can fill up using one full jug of water?
- Can you fill your glass so that it is: full, half full/half empty or empty?



Physical Challenge

Funky Fingers

Fill a tray with rice and small objects.

Can you count how many objects you have picked using your fingers? How many can you pick using tongs?

Did you pick more or less using tongs?

Use a timer: How many can you pick in 1,2,3 minutes?



Dressing to Express

The theme of Children's Mental Health Week this year is 'Express Yourself'.

One day this week why don't you all 'Dress to Express' by wearing your favourite outfit or a colour that makes you feel in a fabulous mood!

It is also a good opportunity to support your child's independent self help skills by encouraging them to get dressed themselves and have a go at fastenings, like buttons and zips.



Yoga

Enjoys some Yoga and Mindfulness time with Cosmic Kids!

Kids Yoga & Mindfulness to Wind Down

by Cosmic Kids Yoga

YOUTUBE

Outdoors

Walking Mindfully

Being in the fresh air is beneficial for all so why not try incorporating a 'Mindful Walk' together into your day.

As you walk use your senses - sight, hearing, smell, taste and touch - to bring awareness to your body and surroundings.

Notice how your body feels, how do your feet, legs, arms feel with each step?
What can you see - have you noticed something you haven't seen before?
Do you notice any smells or tastes on your walk?
Can you taste the air?

Walking in this way can help children and adults to relax and maintain focus....enjoy every step.



Open Spaces to Visit

Outdoor play improves wellbeing.

Here are a list of local outdoor spaces you could visit with your child. Click the heading to find them on the map.

Oakhill Park, East Barnet

Woodland, large green spaces, brook, playground.

Trent Park, Cockfosters

Country park, woodland, lakes, adventure playground.

Victoria Park, New Barnet

Green open space, playground.

Tudor Park, Tudor Road, New Barnet

Green open spaces, playground.

Highlands Gardens, Leicester Road, New Barnet

Small park, pond.

Greenhill Gardens, New Barnet

Green space, large duck pond.

Hadley Woods, enter from Cockfosters, New Barnet and High Barnet

Large woodland area, Jacks Lake.

Hadley Common and Hadley Green, Hadley & Barnet

Green open spaces with duck ponds.

Grovelands Park, The Bourne, Southgate

Large park, wooded areas, playground, lake.



Supergroups & Makaton

It's supergroups, it's supergroups what's going on today?

I wonder what lovely things Liz has in her box for us today- watch to find out!



Supergroups Lockdown 10

by BEYA

YOUTUBE

Makaton

This weeks signs are happy and sad, have a go and see if you can learn them too !



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0:49 video

PADLET DRIVE
