

Gross Motor Skills

Obstacle Course

Make an obstacle course that you have to walk along and balance from things that you find around the house and/or garden.

You could play 'the floor is lava' and try to make your way from one end of the room to the other without touching the floor!



Art

You will need:

Paper or card

PVA glue

Salt

Paint or food colouring

Instructions:

On your paper or card, create a pattern using the glue.

Sprinkle the picture with salt and leave to dry.

This will create a risen effect.

Once dry the children can use paint or food colouring to colour their pictures.

Raised Salt Drawings



Numeracy

Coin matching

Place some coins on a table or other hard surface.

Cover the coins with a blank piece of paper.

Use a pencil or crayon to rub the surface of the coins, covering the paper. (Use the coins more than once)

Once the paper has lots of coin rubbings, remove the real coins from under the paper.

Match the real coins to the images on the paper.

Count and write how many of each coin there is on the paper.

Try to identify the value of the coins by looking at the number on them.



Fine Motor Skills

Syringe Painting/Squirtng

Have lots of fun trying out these different activities.

All you need is a syringe.

Add the measuring syringes to coloured water or fill them with watered-down paint to squirt some art.

Fill with watery gloop (cornflour and water) or hair gel for a stiffer squeezing experience!



Messy Play

Rice/Oats/lentil sensory play

What you need:

- Container - You could use a basin, large box or even cut the side off a cereal box.
- measuring spoons/cups/ small pots/ small saucepans/cupcake cases/funnels/lids etc
- rice/oats/lentils/dried beans or peas
- food colouring or diluted paint with some water



You can leave them plain or you can dye them using the ratio of 1 cup dried material, 1 teaspoon or several drops of food colouring. If you have vinegar 1 teaspoon will also make the dye last but this is optional.

Place the dried material in a zip lock bag or tub with strong lid and then add your colour and shake, shake until its all mixed together! spread out on a baking tray or plate to dry. Then its time to play! At nursery, the children enjoy scooping and pouring the rice and filling containers. The rice will keep in a sealed container for a long time! You could even hide letters, numbers or shapes to extend play!

Rhyme

Shadow puppets

<https://www.youtube.com/watch?v=t8YZ8QKwBzY>

Choose your favourite nursery rhyme and try to act it out using shadow puppets.



You can always draw and cut out some of characters if you can't make the shapes you need using your hands.

Music

Family karaoke party sing along

We know how much you all love to put on a show at nursery, so why not make your own stage at home and have a sing along?

You will need:

- A microphone - be creative and use anything you fancy; maybe a hairbrush or you could make one!
- An audience
- A stage
- Some favourite songs to sing



Have fun, take turns and feel free to post yourselves singing on our E-journals!

Literacy

Alphabet Wall

Ask an adult to write each letter of the alphabet (upper and lower case) on a piece of paper and stick it up on the wall.



Now let's go on a letter hunt!

Cut out letters from papers and magazines to match each letter of the alphabet on your wall.



Can you find pictures or things that start with the same sounds of the letters?

Can you find the letters in your name?

Why not try copying the letters yourself too.

Science

Sparkly Explosion

You will need:

- Vase
- Baking Soda
- Vinegar
- Food colouring
- Glitter
- Other supplies--see step 4.
- Pan or tray to contain the mess



1. Place the vase in a pan/tray. Put 2-3 table spoons of baking soda in the vase.
2. Add 6-7 drops of food colouring and 1-2 teaspoons of glitter.
3. Pour about 1/2 cups of vinegar, quickly. Watch for the sparkles!
4. When the explosion is over, you can repeat the experiment, this time let your child choose other supplies to add. Such as pepper or soap.
5. Promote curiosity and predictions you can ask questions or have a discussion.. What does pepper look like in the "explosion?" Did salt change anything? What may happen if we add washing up liquid? Do you think it would work with spaghetti noodles?

Remember this is not a demonstration, it is an experiment! Let your child change the variables, predict what will happen, and enjoy the results!

Health and Wellbeing

Being a Good Friend

Discuss with your child what they like about their friends and what makes them a good friend. Talk about helping friends when they are hurt, cheering them up when they are sad, sharing toys etc.

Ingredients for a good friend.

A jar of kindness	A spoonful of listening	A can of honesty
tube of trust	A carton of patience	1 Kg of forgiveness
A pot of respect	A bag of loyalty	A bottle of fun
	A box of encouragement	

Pass the Ice Cream (Sharing activity)

You will need: Large piece of paper, felt pen, ruler, tape, light weight balls

INSTRUCTIONS

Draw horizontal and vertical lines on the front of the paper. Roll the paper into a cone shape making sure that the opening is wide enough for the ball to fit in and the lines are on the outside. Secure the edges with clear tape.

To play

Talk about the importance of friendship and how good it feels to share. Give each child a paper "ice cream cone" and put a ball inside one of them. Encourage them to take turns sharing the ice cream by passing the ball from one cone to another and saying " I would like to share my ice cream with you." This is a great opportunity to practice saying 'Please' and 'Thank you'!



Transition Project – Edinburgh's Bear Hunt

Have you been on a bear hunt? How many bears have you seen?

Today is week 5 – have a look at this week's activities on the website;

<https://bearhuntedinburgh.wordpress.com/2020/05/15/moving-on-to-primary-1/>

The activities and resources for the transition project are now available in a range of languages.

<https://bearhuntedinburgh.wordpress.com/2020/05/28/additional-languages/>



**Bear Hunt
Edinburgh**