

Rabbits and Hedgehogs Tuesday 12th January

Theme: Winter

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Tuesday

1. Get outside for some fresh air, complete some of our daily mile.
2. Rhyme Time
3. Play dough time
4. Reading
5. Share a story
6. Fine Motor Activity
7. Early Maths skills
8. Afternoon Activity - Make and play with snow dough
9. Mark making

Exercise Time

We get lots of time to explore outside. Some things we do; We run, play games, ride trikes, bounce on space hoppers and balance on stepping stones. What can you do at your house? Have a break mid morning or after your lunch and get some more time outside.

Daily Exercise!

Let's get moving!

Where is the snowman hiding?



Snowman Hunt - A Fun Warmup/Brain Break Exercise

Guessing game for Socially-Distant PE or Remote PE

by Kid Fitness Challenge

YOUTUBE

Play dough

For lots of us we will need to do this with support. (So we don't eat it!)

Manipulating dough is an excellent way to develop fine motor

skills.

Spend 5-10 minutes with your child, repeat key words as you help them with the actions.

* squeeze

* roll

* pat

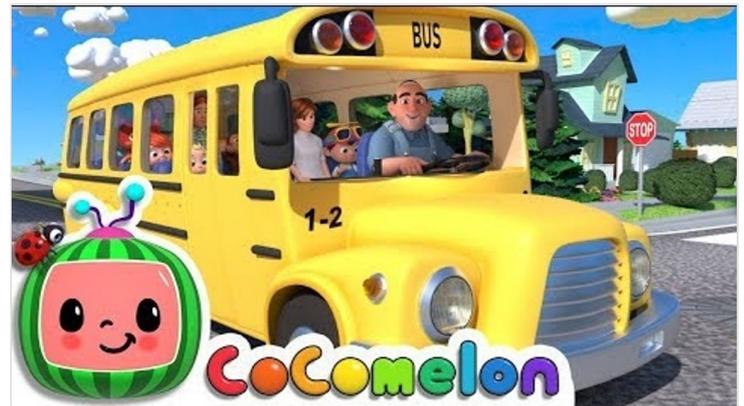
* roll a ball

Google dough disco for more ideas.

Don't have any play dough? - have a go at making some together!

Daily Rhymes to practice each day.

This week we are introducing The Wheels on the Bus.



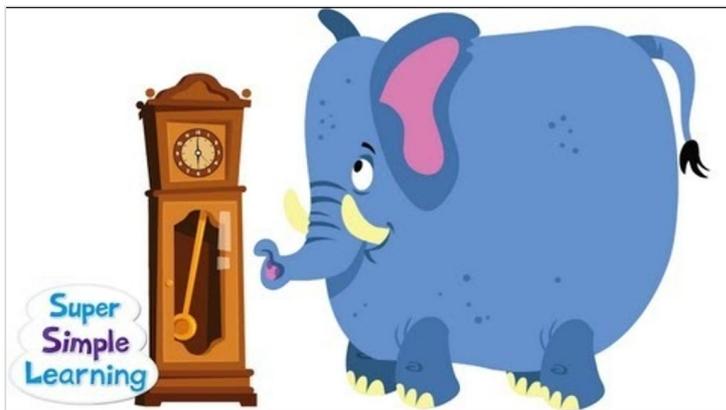
Wheels on the Bus | CoComelon Nursery Rhymes & Kids Songs

by Cocomelon - Nursery Rhymes

YOUTUBE

Daily Rhymes to practice each day.

Last week we introduced Hickory Dickory Dock. We will carry on with this again this week.



Hickory Dickory Dock | Super Simple Songs

by Super Simple Songs - Kids Songs

YOUTUBE

Listen to the Song of 2. Support your child hand over hand to show 2 fingers.



The Number 2 | Number Songs By BubblePopBox | Learn The Number Two

by Bubble Pop Box

YOUTUBE

Reading

Do you have a selection of books at home? If you have gather some favourites together, put them on the settee or another place that might get your child's attention. Encourage your child to touch the books, pick them up, sort through them, gather them, turn pages. Don't worry if your child does not want to listen to you read or engage in the actual story. This is about developing an interest in books. Point at pictures, name things, make noises, follow your child's lead.

Share a Winter story

One Snowy Night



Percy the Park Keeper: One Snowy Night

by Noggin/Nick Jr. Classics

YOUTUBE

Fine Motor Skills

Continue this activity: Create some posting activities. Children love posting (usually in unhelpful places that we can't reach!!) It is a useful skill in helping children manipulate objects and develop an awareness of size and position.

Some children will benefit from posting larger objects into bigger holes and some will complete the activity with smaller objects and holes.

Examples:

Cut a hole in a washing tub box or margarine tub. Post in small toys, cut up pieces of paper, straws, small balls.

Afternoon Activity

Ice Pops

Invite the children to explore ice pops melting on an individual tray. The children won't be able to resist trying the ice pop. Talk about how it melts and drips.

Early Maths Skills

Finding 2.

Count 2 objects. Pass 2 objects to each other. Sort objects into pairs and count two.

Early Maths Skills



Old MacDonald had a Farm
Twinkle Twinkle
Humpty Dumpty
Five Little Men in a Flying Saucer
Five Currant Buns
Heads Shoulders Knees and Toes

Handwashing song



How to wash your hands NHS song | NHS
by NHS
YOUTUBE

Sensory Toys and lights

Do you have toys and lights that your child enjoys to spend several minutes with? Collect them together and get them out for special time together. Encourage them to make a choice from two. Spend 5 minutes together really enjoying that toy.

Mark Making

Colouring - If you have colouring pens or crayons - have a go at colouring a picture in!

Other rhymes

We introduce a new rhyme with props each week. Here are some others that we have done recently that you can practice.

- Five Little Monkeys
- Five Little Ducks
- Five Speckled Frogs

Just a little note to say if you want to develop the use of symbols with your child at home, you can download the app Grid Player for your child. It's free. Though you can't create your own symbols; you will have access to a range of pre made ones. Take care and have fun!