

Little Acorns At Home

Joe Wicks The Body Coach!

Every day, 9am, Joe will be taking children (and parents!) through their paces with his half hour workouts! So get your trainers ready and have a water bottle handy! If you visit his YouTube channel you will see loads of other workouts for younger children, beginners and some only 5-10mins long. So there is something for everyone. It is a live stream in the morning, but if you want to access it later, then visit his YouTube page and have a browse for something more appropriate.

Words: leaf, stem, petal, sun, heat, bud,

Artists: Georgia O'Keefe, Gustav Klimt, Van Gogh

Colour: Look online for colour songs, rainbow songs

Numbers: Count 1-1 during play —raisins, Cheerios, stones, cars, dinosaurs, bricks, pencils, sticks,

On loan...

We are preparing some Loan Baskets for individual children, with a range of books, toys and activities. You will be able to pick these up from outside the house, we will message each other to arrange a time. The basket will have an inventory for easy sorting, and we hope that you will enjoy them. We will message you to let you know when they are ready. We are also happy to swap books with a bit of warning, particularly now the library is closed.

Sing-along-a-story...

We are planning to set up a Skype rhyme time/story time and we hope that many of you will be able to join us. Just make sure that your children have access to a tablet/computer and a bit of cleared space so that they can come and go, move around, dance and sing. If you are not on Skype, we have the instructions and will send them around. You are looking for -

live:melanddave10

Or search email melanddave10@btinternet.com

Springtime!

There is loads going on outside at the moment, the magnolia and forsythia are flowering the buds of leaves are emerging, the bulbs are blooming. Take some time to enjoy these changes in nature and draw attention to their colours, smells, shapes and patterns, numbers of petals etc. You could follow this up with,

- Taking photos using the camera/phone
- Look at the tiniest parts of the blossom and the fact it is made up of little flowers
- Online find some flower pictures or paintings by artists
- Use some torn, different coloured paper from magazines to make some flower collages, - daffodils, magnolia, iris, forsythia
- If you are short of paper to work on use the inside of a cardboard box /cereal box torn apart or flattened. Large Amazon boxes work well too. The bigger the better as others can join in and children can work together.
- Draw some large bold flowers in chalk out on the paving, or on your outside wall
- Count the petals as you go!
- Name the colours—as blue as, as green as, as yellow as,
- Write out some spring time words in bubble writing and decorate them.
- Use some scrabble letters to match them, (junior scrabble will be best as it is lower case.) Or download a set of lower case letter cards to cut out.

Still enjoy...

Dinosaurs, cars, trains, boats, puzzles, dolls, stackers, instruments, dressing up, mirrors, torches, goggles, doctors kits, tools, hats, dens, boxes, digging, sand, water and planting.

Pace yourself, make 'cooking' at a dinner time when you will be cooking anyway.

We will send out more info on 'schemas' and how children choose, develop and channel their interests.

Managing !?

Having your children at home whilst trying to work from home for what could be a rather long time is going to be very interesting, fun, a challenge and no doubt very frustrating at times. Fun is good! Laughing is good! it might be a good idea to:

Be realistic about what can be achieved in your time together—**don't feel bad about having fun!**

Establish a routine over the day for snacks and meal times to break up the day—play together time, 'play on your own' time, and TV/screen/rest time/nap time. You could use a paper plate clock with pictures, and blutac a hand on to point to the part of the day you are on. Or use a Now Next Then piece for card, children will be less demanding if they know for a while they will be playing on their own but that you will be playing with them 'Next'. If you need one, let us know and we can get a set for you.

Add a time where the older children play on their own allowing you to have some time to work with little interruption.

Have toys and activities around that children can play with freely without the need of an adult to help them, so that they can be as independent as possible, loose bricks, books, dolls, little figures/small world, a **treasure basket** containing odd items.

For little ones, (and not so little ones!), **treasure baskets** are good fun. One small basket with up to 10 items random, but interesting and safe. I.e. a hat, some material, a car, an instrument, a puppet, some bricks, a small box with a lid, a teapot, some plastic cups etc. (Obviously age appropriate!) We will send out more detailed information about how you can develop this.

We also have a list of websites with interactive games and activities.

Don't forget, yoga, mindfulness and good old quiet time with some music, jazz, classical, guitar (children like Andres Segovia!)