



## Nursery Home Learning Expectations Week beginning: 11<sup>th</sup> May

This week we will be focusing on mindfulness as part of our Healthy Me topic.

Mindfulness is a wonderful tool to teach children to understand their feelings. Teaching mindfulness techniques will enable the children to identify what they are feeling and when they need to take time out. It's also about learning how to be kind to themselves and others.

### Chat

- What do you think makes a good friend?
- What do you look forward to when you wake up?
- What's your Superhero name and what powers do you have?
- You're outside for a whole day: what would you do?

### Play

#### Offline learning activities



#### 1. Friendship Hand

Using a piece of paper and crayon or pen, draw around your hand, can you name or draw 5 people or friends that are special to you. Can you say why these people are special to you?

- Decorate your hand.

#### 2. Listening circle

In the garden or perhaps on a walk. Sit down and ask the children to listen out for different sounds the children can hear? Instead of calling out, ask them to put their hands up when they want to share the sound that they can hear.

#### 3. Texture bag

Put a selection of objects with different shapes and textures into a bag. Get the children to take turns putting their hands in, feeling one of the objects and describing it to the others (without looking at it) in as much detail as possible.

#### 4. Mindful Breathing

- Spread one hand out like a star.
- Use the index finger on your other hand to trace the outline of your star hand.
- Take a deep breath in as you move to the top of your thumb.
- Breathe out as you move down between your thumb and first finger.
- Take another breath in as you move to the top of your first finger.
- Breathe out as you move down between your first and second finger.
- Repeat until you have taken five slow, deep breaths.



#### 5. Glitter Bottle Preparation

- Fill a bottle or jar with water, leaving 2-3 cm of space at the top.

- Add a generous amount of glitter glue to the bottle (or a combination of PVC glue and regular glitter).
- Seal the bottle well!



### Directions

- Shake the bottle well to mix the glitter, water and glue.
- Share the following words with your students:
- Tell the children to imagine that the glitter is like your thoughts when you are worried, angry or upset. See how they whirl around and make it really hard to see clearly?
- That is why it is so easy to make silly decisions when you are upset because you are not thinking clearly.
- Tell the children not to worry this is normal and it happens in all of us .

*[Now put the jar down in front of them.]*

- Now watch what happens when you are still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears?
- Tell the children that their mind works the same way. When you are calm for a little while, your thoughts start to settle and you start to see things much clearer.”

### Online learning activities

1. **Meditation for children (The Clever Fox)** <https://www.youtube.com/watch?v=xtMHCVBgV00>
2. **Cosmic Kids Yoga Mindfulness** [https://www.youtube.com/watch?v=uUIGKhG\\_Vq8](https://www.youtube.com/watch?v=uUIGKhG_Vq8)
3. **Friendship song** <https://www.pbslearningmedia.org/resource/ket-mrsteve-song6/with-a-friend/>
4. **Numb Blocks – practise number recognition:**  
<https://www.bbc.co.uk/cbeebies/games/numberblocks-make-and-play?collection=fun-activities-for-toddlers-and-preschoolers>
5. **Feelings Game :** <https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/faces-and-feelings/>

### Read

- Share a story with your child- What happened first, next and last?

Use this link below to hear some wonderful stories:

- [https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/?gclid=CjwKCAjw4871BRAjEiwAbxXi29xFshWxoJ7KLaUlev0yIFHfpY\\_nTpSyGuMyl6ibR5cWmnRNyLvFMxoCfKYQAvD\\_BwE](https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/?gclid=CjwKCAjw4871BRAjEiwAbxXi29xFshWxoJ7KLaUlev0yIFHfpY_nTpSyGuMyl6ibR5cWmnRNyLvFMxoCfKYQAvD_BwE)