






Dear Parents and Carers,



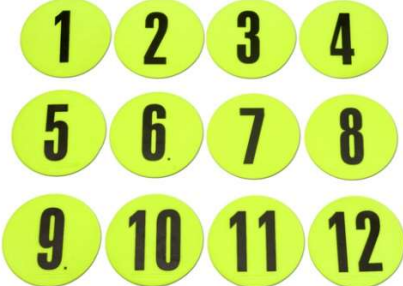
We hope that you are keeping well and staying safe during these challenging times. Nursery still remains closed, but we will update you as soon as we know more information.

You will receive another email soon with some more information about Coronavirus which you may like to share with your family while you are at home.

I will be writing you every 2 weeks with some ideas of what you can do with your children at home to keep them busy and occupied. If you would like to reply with any feedback or any photos you have taken of your children that would be lovely. I know we regularly phone you, but we think that this is another way to keep communication going between the staff team and our families.

Here are some ideas to try at home.

	<p><b><u>Make a Rainbow picture</u></b></p> <p>The new Nightingale hospital would like pictures of rainbows to show the patients. Take a photo of your child's rainbow picture and share it online via Instagram or twitter using the following hashtag</p> <p><b><u>#RainbowsForNightingale</u></b></p>
	<p><b><u>Daily P.E with Joe Wickes</u></b></p> <p>Get active together as a family and follow Joe Wickes P.E lessons every morning at 9am on his youtube channel.</p> <p><a href="https://www.youtube.com/watch?v=QPXQcCyRFt0&amp;safe=true">https://www.youtube.com/watch?v=QPXQcCyRFt0&amp;safe=true</a></p>
	<p><b><u>Family Yoga</u></b></p> <p>Take part in some healthy yoga. There are interactive adventures to take part with which build on strength, balance and confidence</p> <p><a href="https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/">https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/</a></p>

 <p><b>How to make a Sensory Bottle</b></p>	<p><b><u>Sensory Bottles</u></b></p> <p>Sensory bottles have a calming affect and are easy to make from recycled materials. Visit this website for more information and ideas</p> <p><a href="https://www.thechaosandtheclutter.com/archives/the-mega-list-of-sensory-bottles">https://www.thechaosandtheclutter.com/archives/the-mega-list-of-sensory-bottles</a></p>
	<p><b><u>Home made shaker</u></b></p> <p>Make some music together by making some shakers. You could use pasta, lentils or rice</p> <p><a href="https://www.letsplaykidsmusic.com/homemade-musical-instruments-shakers-maracas/">https://www.letsplaykidsmusic.com/homemade-musical-instruments-shakers-maracas/</a></p>
	<p><b><u>Maths</u></b></p> <p>Keep practising your counting and maths learning at home. This website has lots of mathematical games for 3-5 year olds</p> <p><a href="https://www.topmarks.co.uk/maths-games/3-5-years/counting">https://www.topmarks.co.uk/maths-games/3-5-years/counting</a></p>

**Remember to keep your child safe online.**

Send us some photos of what you get up to at [s.appadu@ldelissa.bham.sch.uk](mailto:s.appadu@ldelissa.bham.sch.uk)

We look forward to hearing from you soon.

Take care and stay safe,

Kind Regards,

All the team at Lillian de Lissa Nursery School