



Tuesday 30th September 2020

Dear Parents and Carers,

We hope that you are keeping well and staying safe during these challenging times. I will be writing you every week 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.



Come to Curly Cath's Cottage

Listen to the music and join in with singing and dance videos with Curly Cath.

<https://www.youtube.com/watch?v=iUzAmq0jVLg&safe=true>



Family fit club with Mark and Lee

Join Mark and Lee with their family fitness videos. There is no equipment needed and all the fitness videos have different themes including super heroes, music, dance and sports.

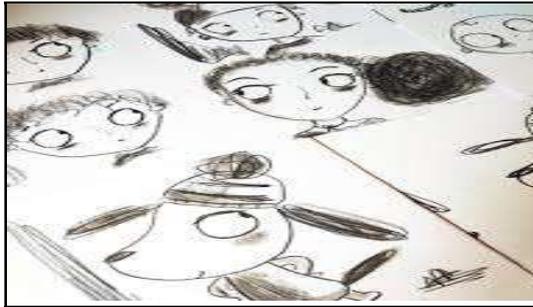
<https://www.youtube.com/channel/UCgKRZDCAsE8JZFXivMeLg>



Family Mindfulness Games

Practising mindfulness helps with our mental health. Have fun with the whole family with these four mindful games: "Still I Feel Lucky," "Thank the Farmer," "Shake It Up" and "Frog."

<https://www.youtube.com/watch?v=OJqStPcqIWI&safe=true>



Draw along and Paint along with Pippa and friends

Pippa Pixley is a Children's author and illustrator. Her website has many draw along and paint along activities to do together as a family

<https://pippapixley.co.uk/>



Wriggle Dance Theatre

Wriggle dance theatre has produced a series of daily online creative dance sessions for children age 2-5 years old and their grown ups.

<https://www.youtube.com/channel/UCZBFEdB5emF5otLvwmLh-kw?safe=true>



Ceebeebies

Lots of interactive counting games and maths games to explore on this website.

<https://www.bbc.co.uk/cbeebies/topics/numeracy>

Remember to keep your child safe online

Send us some photos of what you get up to at 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