



Monday 18th May 2020

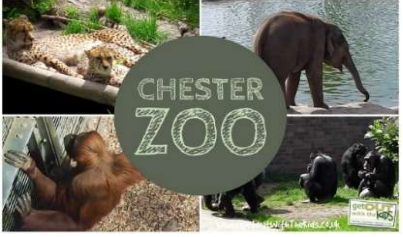


Dear Parents and Carers,

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

This week it is National Mental Health Week and staff will be sending you emails about websites you can access for some support. If you are struggling with your mental health then please phone us at Nursery, we are happy to help you during this very difficult time.

Here are some ideas to help you to keep busy at home.

	<p><u>The Gruffalo</u> Lots of lovely activities to complete together on this website https://www.gruffalo.com/meet-julia-and-axel/about</p>
	<p><u>Oliver's Vegetables</u> Share this story together which could link in with all those planting and growing opportunities at home. http://www.loveybooks.co.uk/olivers-vegetables</p>
	<p><u>Explaining Coronavirus in a Child friendly way</u> This website has a book free to download and gives a lovely explanation about staying at home for young children https://www.sensoryattachmentintervention.com/publications</p>

	<p><u>Chester Zoo</u></p> <p>If you like Chester Zoo's facebook page, you will get the opportunity to see lots of different animals from live web cams</p>
	<p><u>Maths Games on Ceebeebies</u></p> <p>Practise your counting skills with the spot bots. Try out the other spot bot games on cee beebies. They give you puzzles to solve which will help with your mathematical thinking.</p> <p>https://www.bbc.co.uk/cbeebies/radio/spot-bots-magic-counting</p>
	<p><u>Family Yoga</u></p> <p>Take part in some healthy yoga. There are interactive adventures to take part with which build on strength, balance and confidence. Practising yoga is good for your mental wellbeing.</p> <p>https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/</p>

Send us some photos of what you get up to at s.appadu@ldelissa.bham.sch.uk

We miss you all and look forward to hearing from you soon.

We hope you stay well and take care,

Kind Regards,

All the team at Lillian de Lissa Nursery School