

Healthy body, Happy Me

Monday

We have been taking part in some fantastic activities that support our mind and cognitive function but also build our gross motor and fine motor skills too. On Monday we practised our balancing and risk management, using our coordination and core muscles to crawl and manoeuvre around an obstacle course.

The children created their own courses; creating, planning and developing their problem solving skills and were fantastic at following and giving instructions to negotiate the obstacles.

We also used our giant parachute and had to use our listening ears to follow the actions in the songs we were singing; 'up', 'down' and 'run'. We tested our communication and language skills and developed our cooperation and social skills taking turns.



Tuesday

For our talking Tuesday we went for a walk around the allotment and garden, looking at the differences around Spring time and exploring new language and phrases as nature inspired us. This was a wonderful mindfulness walk where the children chose what they wanted to do and see. When we arrived back in the garden we used the different park visuals to act out different things with our jacobaea string, playing on the swings, climbing up the steps, riding our bike and running.

Paper bag puppets were also made using a variety of materials. In groups the children explained how they were feeling and listened to their friends emotions and feelings. This activity was great for children to express themselves and show an awareness of their friends needs.



Wednesday

Wonderous Wednesdays sparked our curiosity and problem-solving skills as we had to work out different ways to rescue our frozen animals. We had some fantastic creative ideas on how we can help them-dropping





the ice, melting it with our hands, putting it in the sun's direction and using utensils to tap away at the ice. This was a great opportunity for children to learn about the process of melting and freezing and learning about snow and frost. Once the objects were free, children discussed which tools worked best and why.



We also made some brilliant bubbles, where we created our own wands from pipe cleaners and different string shapes. The children loved chasing the bubbles and testing out the different resources, children were filled with laughter and joy as they experienced various shapes and colours.

The Sensory Den was also explored, the children used torches with coloured filters to see what changes they could create in the dark space. This was a great sensory experience and developed the children's communication skills as they discussed the colour mixing and changes.



Thursday

We loved our thrive outside as we moved and listened to our bodies, building our flexibility and balancing during our aerobics session. The children moved and danced along and also came up with some of their own ideas for our movement and rhythm activities.



We also enjoyed the seaside experience in the glorious sunshine where we dipped our toes into the water and felt the sand between our toes. We then built our sandcastles and used our different water toys to finish our beach experience. We even had a picnic outside in the sun too with the rainbow toast we made.

Children also explored with water play; mixing dandelions, petals and other natural materials in water and using different tools to explore them with. This was a brilliant activity to help the children understand the world around them and to develop their mathematical skills, developing an understanding of volume, measure, shape and space.



Friday

The children used their fine motor skills and imagination to create a wonderful colourful mural exploring colours and mixing. The children had super teamwork skills as they shared the resources and their ideas, praising each other for their different abilities and marks. The children also used different body parts to explore the paint as well, discovering the different marks and patterns.





Our children are very kind and caring children, and we always encourage children to share, express their feelings and support them building their friendships and communication skills. We had a special carpet time where we spoke about what we think it means to be kind, how we can be kind to our friends. Through the day we praised each other for our acts of kindness.

To develop our understanding of facial expressions and emotions the children created 'emotion stones'. They discussed different emotions and how they were feeling and then drew a face representing that emotion onto a stone.

