



Nursery: Learning at Home

Hello everyone! I hope you enjoyed the sunny half term. Something special happened over half term for me as it was my birthday! I had such a lovely day, relaxing in my garden, eating my delicious birthday cake. This week, I have recorded myself doing the exercises below. You can join in with me if you like!

Self Regulation!

To help us activate our brains and regulate our emotions it's important we try to exercise. Below is a workout to help start your day. You will need somebody to help time you. Can you complete the whole challenge? If you like it you could try and do it every week day, you could even make up your own. Ask your family members to do it with you.

**KIDS 7 MINUTE HIIT WORK
OUT FOR SELF-REGULATION**
Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!

-  **FROG JUMPS**
Hop, hop, back and forth like a frog
-  **BEAR WALK**
Hands & feet on the floor, hips high - walk left and right
-  **GORILLA SHUFFLE**
Sink into a low sumo squat, with hands on the floor, shuffle around the room.
-  **STARFISH JUMPS**
Jumping jacks as fast as you can, with arms and legs spread wide.
-  **CHEETAH RUN**
Run in place, as FAST as you can! Just like the fastest animal in the Sahara.
-  **CRAB CRAWL**
Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.
-  **ELEPHANT STOMPS**
March in place lifting your knees as high as you can and stomping the ground as hard as you can!

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Baking!

I have been trying to get better at baking whilst at home. Take a look at some of the things I've been making.



Some of the things I have made have turned out well, but some others were not so great - I even managed to burn some biscuits! It's important you follow a recipe to make sure you get it right. Can you bake something and write down your recipe using letters or make marks? If you don't have a recipe, try following the simple biscuit recipe I have included this week. How many tablespoons of flour did you need? Have a go at counting out the ingredients by yourself. How did your baking turn out? I would love to see photos of the things you make. Maybe you could make up your own recipe, you could draw spoons for each ingredient.

New Skills

It's been so lovely to hear from some of you and what things you've been doing. During your time at home, have you learnt to do something new? Have you learnt to write your name, count to 20, share with your brothers and sisters, ride a bike, complete a puzzle or sing a new song? I would love to know what new things you have been doing. Can you write a letter to me telling me or showing me what new things you have learnt? I decided that I wanted to learn to play the piano. I'm not very good yet, but I'm going to keep practising! You can email me a photo of your letter or send it to the Nursery and use the address. Mrs Goodey, Coleridge Primary School, 77 Crouch End Hill, London, N8 8DN.