

Nurture Home Learning

Monday May 4th 2020

How are you feeling?

Emotions



happy sad angry excited



afraid shy guilty tired



jealous loved hopeful bored



proud sorry embarrassed surprised

Cooking
Make frozen lollies
<https://www.bbcgoodfood.com/recipes/milkshake-ice-pops>

Fitness
Set up an obstacle course in your garden.

Positivity
Draw a picture of a mirror and then write positive comments about yourself in it. Can you think of different things from last week's activity?
<https://www.twinkl.co.uk/resource/t-c-7167-things-i-like-about-me-self-esteem-worksheet>

Team Games
Play a game of 'Guess Who' with members of your family.
<https://www.twinkl.co.uk/resource/t-t-11758-guess-who-game>

Fine Motor Skills
Weave pipe cleaners, string and ribbons through a wire cooling rack.

Story time
Find the story of Jack and the Beanstalk.
Who felt brave, scared, happy, worried and excited?

Art
Create the castle that Jack found at the top of the beanstalk. You can make it from recycling material or you can draw or paint it.

Health and Wellbeing
Design a healthy lunch box.

Lego Challenge
Create a marble maze from Lego and a base plate.

Mindfulness
Choose a toy, then lie down on your back. Place your breathing buddy on your chest. Slowly breath in and out watching your breathing buddy rise up and down. it on

Attention & Listening
Draw a picture and then without showing it to a member of your family ask them to draw it from only listening to your instructions. Swap over and change roles.

Meal time
At the table at meal time take it in turns to tell part of a story. This can be done word by word or sentence by sentence.