

Week Beginning:
31st January 2022



Home Learning Ideas

Personal, Social + Emotional

- **In Nursery we practice breathing techniques.
- See the Star Breathing Poster and practice the breathing technique with your child. See the meditation video: [Starfish \(Peace Out: Guided Meditation for Kids\) | Cosmic Kids - YouTube](#)



Physical Development

- *See the Winter Gross Movement Cards and encourage your child to create different Winter themed movements.

E.g. Can you waddle like a Penguin?



Language Development

- * Remember the skill of writing begins with Mark making. You could encourage your child to mark make in flour. Put some flour in a tray or sprinkle on the table.
- See the Mark Making Pattern Cards.
- Can you draw a circle in the flour? Can you draw a straight line/ wavy/ zig zag line?



Mathematical Experiences

- *Count together to 5, 10 +
- *Jump and count, clap and count, hop and count etc.
- * Explore Winter Number and Counting Songs on YouTube.

<https://www.youtube.com/watch?v=vrfCD9wjLUE>



The Arts

- *Talk to your child about Winter colours: silver, white, shades of blue and purple.
- Model drawing a Winter picture. Encourage your child to have a go. Can you draw an icy frosty picture?



The World Around Us

- * What signs of Winter can you see in your garden or while out for a walk? Can you draw some of the things you found?
- See the Winter Hunt Checklist

