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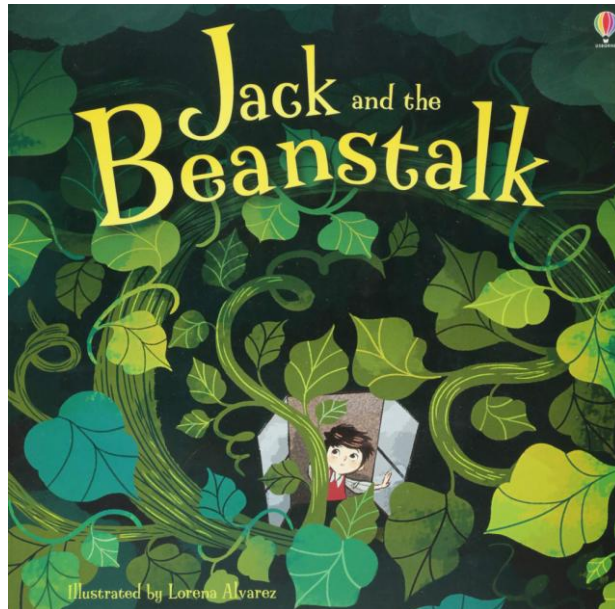


Learning from home - Nursery Topic – Tell me a story!

This term our topic is based around story telling. We will be focusing on traditional tales such as The Gingerbread Man, Goldilocks and the Three Bears and The Three Little Pigs. Whilst this is obviously not the way we would like to begin the topic, we are planning on continuing to cover some of our focus stories through home learning. This will be a combination of activities you may like to do with your child for all areas of the curriculum, internet video links to learning opportunities and videos of Nicola and Rebecca reading stories, demonstrating activities and focused learning tasks. Please look through the information below and select activities you are able to do with your child. We do not expect for everything to be done and have instead tried to give you a range of fun learning opportunities to choose from that are accessible in the home environment. **As in nursery, some links and activities can be revisited regularly so we will leave some links and ideas in place. New content will be added in red to help you locate it easily.**

Please email any queries and examples of things your child has been doing at home to admin@fleet.camden.sch.uk so we can see what you have been doing together. We will add examples of home learning to your child's profile as a record of what they have done during this period. Thank you.

This week our focus story is Jack and the Beanstalk



Listen to Jack and the Beanstalk here
<https://vimeo.com/516834766>

Personal, Social and Emotional Development

We are enjoying our phone calls with you very much. It has been lovely to hear what you have been up to! Calls will continue each week. Either Nicola, Margaret or Rebecca will call on Tuesdays and Thursdays for a quick chat. It would be lovely to speak to your child in these phone calls too, if they are willing.



Jack went on some exciting journeys in the story - he went to market to sell the cow and climbed up the beanstalk to visit the giant's castle.
Can you think of a journey you have been on? Where did you go?
How did you feel during the journey? Were you excited?
Ask someone in your family about a journey they have been on too.

Mindfulness and why is it important?

Mindfulness is about focusing on the present, and being aware of what is going on both inside and outside, in a non-judgmental way. It's about noticing physical sensations and emotional responses, as well as your connection to other people and to your surroundings.

Practising these skills of focusing and noticing can be hugely beneficial to preschool children in several ways:

- It helps to increase their attention span
- It helps them to understand and regulate their emotions
- It helps with stress management and general wellbeing
- It helps them become more aware of their bodies and their senses
- It helps to build a connection with the natural world
- It helps them to develop empathy and compassion for others



Some ideas for mindfulness activities...

- Sit down outside and ask your child to listen out for different sounds.
- Put a selection of objects with different shapes and textures into a bag. Ask your child to put their hand in the bag, feel one of the objects and describe it (without looking at it) in as much detail as possible. What does it feel like?
- Lie down outside and look up at the clouds (taking care not to look directly at the sun). Ask your child to look out for shapes and notice how the clouds change as they move along.

Here are some great programmes to watch about being calm and mindful.

<https://www.bbc.co.uk/iplayer/episode/b08vyj3v/hey-duggee-series-2-20-the-yoga-badge>

<https://www.bbc.co.uk/iplayer/episode/p064khwp/happy-tent-tales-1the-jackal-and-the-drum>

<https://www.bbc.co.uk/iplayer/episode/b09r83hm/treasure-champs-series-1-10-empathy>

Waffle the Wonder Dog has a few tips for helping at home, I think you all might be able to do a better job than him though.

<https://www.bbc.co.uk/cbeebies/watch/tips-for-being-helpful>



If your child has questions about the Coronavirus pandemic, Cbeebies have made a special Get Well Soon on the subject, where Dr Ranj explains about the virus

<https://www.bbc.co.uk/iplayer/episode/p08bmd70/get-well-soon-coronavirus>

Physical Development

Keep going with our weekly yoga! It's Jack and the Beanstalk yoga this week. Can you do a cow pose?

https://www.youtube.com/watch?v=SKC_Lgvukv0

Joe Wicks is running PE workouts for children on Mondays, Wednesdays and Fridays at 9am. They are a great way to start your day and get some exercise!

<https://www.youtube.com/watch?v=Rz0go1pTda8>



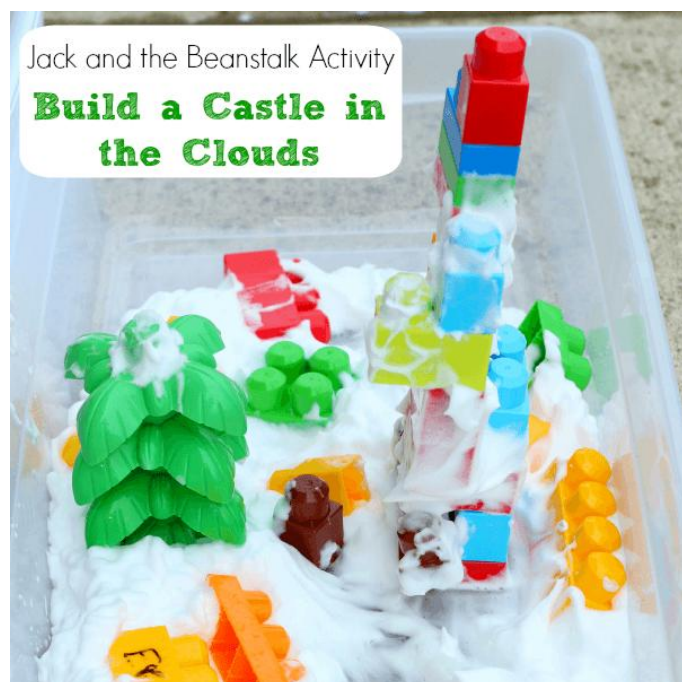
If you need some inspiration, there are lots of ideas to get active here;

<https://www.fleet.camden.sch.uk/ckfinder/userfiles/files/Home-Learning/Nursery/Physical-Activity-Ideas.pdf>



Build a beanstalk at home. How tall will it get? You could use Lego, wooden bricks, paper, old boxes...whatever you have. Take a photo of your beanstalk tower and send it to us.

You could have fun making castles in the clouds by using shaving foam as the clouds...





You could collect leaves and thread them on to string to make a natural beanstalk.

Use a hole punch (if you have one) or a pencil to make holes in the leaves to thread them.

How long will your beanstalk be?

It is great to include your child in preparing and cooking meals. They will begin to learn about where their food comes from and how to use equipment safely. We have left the guide for teaching these techniques for reference.

<https://www.warburtons.co.uk/downloads/teaching-resources/cooking-in-a-primary-school-classroom/Guide%20-%20How%20to%20teach%20food%20skills.pdf>

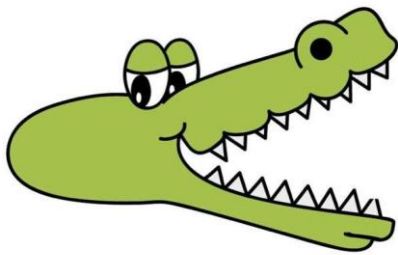


In Nursery, we make toast every Friday. The children have their own knife to butter their bread or spread their jam. If you are having toast at home, include your child when making it. They are developing great knife skills so it would be great to continue this at home. Thank you!

It is really important to keep developing fine motor control too. There are lots of activities to try with items you may have at home, such as sorting into baking trays, threading through the holes in a colander or using pegs to attach to things or pick small objects up...



Try and get some time outside if you can. The Heath is just on your doorstep and is a great place to explore. Find trees to climb, spot any wildlife that is about and feed the hungry ducks. There are examples of games to play, skills to develop and activities to do here, if you need some inspiration <https://www.bbc.co.uk/cbeebies/shows/footy-pups>



Carry on practising your cutting skills at home – imagine the scissors are like a crocodile's mouth and remember the rhyme to help you hold the scissors correctly - 'Fingers on the bottom and the thumb on top, open the mouth and go chop, chop, chop!'

Parents, this could be the right time to encourage your child to hold their pencil correctly if they need a reminder. If your child is doing lots of mark making but struggling to hold their pencil correctly, there are some tips here to help <https://www.youtube.com/watch?v=skH32KwdirU>



Dough Disco

Work on rolling your dough into a ball this week. Do some Dough Disco with Rebecca to practise your rolling! <https://vimeo.com/503288979>

We enjoy having dough discos at nursery. As well as being fun, they are a great way of developing hand strength and co-ordination - both very important for developing writing skills.

Have a dough disco at home! Pop on some music and squish any dough you have! You can easily make dough at home too - <https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/>

Some of our favourite dough disco songs:

<https://www.youtube.com/watch?v=zJQ2CaA7E50>

<https://www.youtube.com/watch?v=i-IfzeG1aC4>

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

<https://www.youtube.com/watch?v=KSB08N4ctJg>

<https://www.youtube.com/watch?v=BOLR3pQt8zg>

<https://www.youtube.com/watch?v=BOLR3pQt8zg>

<https://www.youtube.com/watch?v=o9D5lfqZF3o>

<https://www.youtube.com/watch?v=aAo2h36DVfA>

Here is a playlist of familiar pop songs you might like to use for a dough disco at home

https://www.youtube.com/playlist?list=PL16OPbE3RaSgoxvrpFBj4gkyt26_aMf0V

Don't forget that you can have a dough disco with any music though. Pop on your favourite tunes and get squishing! It is so useful for developing hand strength for writing!



Health and Self Care



Jack stole the magic hen which laid golden eggs!
Can you make some scrambled eggs for lunch one day? What do you notice about the egg? How does it change?

Eggs are a good source of protein - can you find out what this is good for? Why do we need protein in our foods?

Jack had some magic beans! Do you like beans?
Maybe you could make some magic bean recipes to eat as a family...<https://www.bbcgoodfood.com/recipes/collection/healthy-bean-recipes>



The Beans Game is a great way to keep fit and active. Ask someone to call out directions and when an action is called, do what it says e.g. 'jumping beans' = you jump, 'runner beans' = you run.

Learn about your body parts with this song...

One Finger, One Thumb, Keep Moving...
<https://www.youtube.com/watch?v=39EFvqWUcVY>

You might be missing your friends or family. Maybe you could call someone in your family for a chat and don't forget to join our Nursery Zoom on Wednesday - we can't wait to see all your faces!

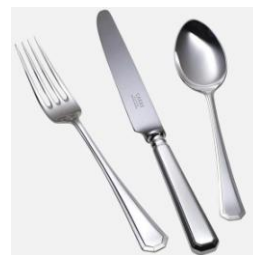
If your child is finding it hard being at home more than normal, take a look at this...

Pablo is finding it hard to be in his home

more than normal too.

<https://www.bbc.co.uk/iplayer/episode/m000kbb1/pablo-specials-house-time>

Encourage your child to use their cutlery to feed themselves. Show them how to use their knife to cut their food - soft foods like fishfingers are a good place to start.



It is such a great skill to be able to do up your own coat! When you are going out for a walk, try doing it yourself, Nursery. Put your coat on by lying it on the floor, standing by the hood, put your arms in the sleeves and flip it over your head! Now try and do the zip or buttons too. Great job! Remember to wrap up warm when you go outside – here's a good song to help you get ready to go out. https://www.youtube.com/watch?v=-jBfb33_KHU

It is important for everyone to find time to relax and calm down each day. Listen to some relaxing music and have some quiet time. Take some deep breaths and think about what you have enjoyed today. <https://www.bbc.co.uk/iplayer/episode/p062glb7/daydreams-cbeebies-wind-down>

Can you practise getting dressed in the morning? Try to put on your own clothes.

Here is a great hand washing song as we all need to make sure we are washing our hands to stay healthy <https://www.youtube.com/watch?v=dDHJW4r3eIE>



We should all brush our teeth in the morning and at night time for two minutes. This song is all about brushing our teeth and lasts two minutes - try brushing your teeth while you watch!

https://www.youtube.com/watch?v=wCio_xVlgQ0

Remember to use pea sized amount of toothpaste.

Reading

It is World Book Day this week. Take a look at the Book Day Activities on the Nursery page.

Listen to Nicola read Jack and the Beanstalk here...

<https://vimeo.com/516834766>

Watch Jack and the Beanstalk too...

<https://www.youtube.com/watch?v=W5rxfLRgXRE>

Listen to a song version of the story here...

<https://www.youtube.com/watch?v=4otnJaX3hww>



Listen to some more stories about Jack and the Beanstalk.

Rebecca reads Jack and the Jelly Beanstalk - <https://vimeo.com/516888276>

Rebecca reads Jasper's Beanstalk - <https://vimeo.com/517084599>

Rebecca reads The Tiny Seed - <https://vimeo.com/516937324>

Which story is your favourite out of all these? Do you like listening or watching stories the most?

Here are some more versions of the story you might like to watch

<https://www.bbc.co.uk/iplayer/episode/p08lc99s/mr-tumble-ales-jack-and-the-beanstalk>

<https://www.bbc.co.uk/iplayer/episode/b03sgfvr/old-jacks-boat-series-2-3-the-enormous-sea-beanstalk>

When you are looking at different books, can you spot any of our sounds we have learned so far?

Find some of your favourite stories at home and share them together. Cuddle up and enjoy talking about the pictures and events in the books. Maybe you could try doing silly voices for the characters or acting the story out?

Bedtime can be a special time of the day to share a story. Here are some tips for reading bedtime stories.

<https://www.penguin.co.uk/articles/children/2018/tips-to-master-bedtime-reading-from-the-booktrust.html>

If you want to listen to other stories, watch our other story videos on our Nursery page and there are lots more to watch on the CBeebies bedtime stories page

<https://www.bbc.co.uk/iplayer/episodes/b00jdlm2/cbeebies-bedtime-stories>



Phonics

Sound of the week - n

You can watch a video about our new sound and how to write it here –

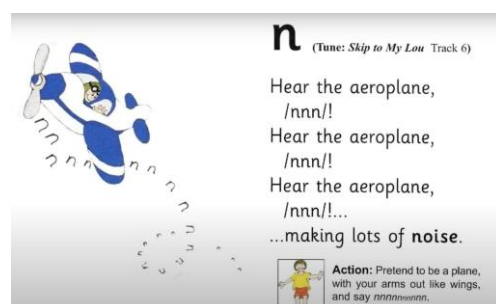
<https://vimeo.com/516837234>

You can listen to a song about n here

<https://www.youtube.com/watch?v=7qeMFjIWcP0>

Can you sing along and remember to pretend to be a plane with your arms out like wings and say nnnnnn.

On the nursery page you will see a document called *Nursery letter and sound formation*



s, a, t, p and i. Here you will find a reminder of the sound, song words, action and sentence for letter formation for each letter taught so far.

Can you have a look around you home and find any objects that begin with the n sound?

We have also been practising identifying different sounds. Play a game where you have to guess the sound with Rebecca - Vimeo link - can you guess what Rebecca is using to make each noise? Can you make your own version of this game with your family at home?

<https://vimeo.com/503390931>

We have been working on identifying and creating sounds. Try to use your body to make sounds - have a go at some body percussion

<https://www.youtube.com/watch?v=sW2DY1OpgrI>

<https://www.youtube.com/watch?v=QOh1P1ZcTaU>

<https://www.youtube.com/watch?v=QqBHPT5uTP8&list=PLm2RM2K7CuCsfg278KRAJYGjq29ngs03M&index=2>

Rhyme of the Week

Last term we learned lots of different rhymes and poems with accompanying actions. The children learned lots of them by heart.



Our new rhyme is called Little Seed -

<https://vimeo.com/516922178>

You could say this rhyme if you plant any seeds!

Please find time to learn the rhymes with your child. Rhymes are such a fantastic way of developing vocabulary, rhythm of speech and can lead to good reading behaviours later on.

Here are the links to the ones we know already. Please keep practising these regularly if you can.

Leaves are Falling <https://vimeo.com/497810518>

Breezy Weather <https://vimeo.com/497814462>

Wise Old Owl <https://vimeo.com/497836290>

Five Little Pumpkins <https://vimeo.com/497831863>

Pointy Hat <https://vimeo.com/497827013>

Chop Chop <https://vimeo.com/497804596>

Falling Apples <https://vimeo.com/497822687>

Popcorn <https://vimeo.com/497953922>

A Little House <https://vimeo.com/500480050>

Let's Put On Our Mittens <https://vimeo.com/503382840>

I Can Build a Snowman - <https://vimeo.com/505895071>

Carrot Nose - <https://vimeo.com/505892166>

Pancakes - <https://vimeo.com/508338541>

Spring Wind - <https://vimeo.com/513421997>

Writing

Watch the n video with Nicola to help you write the letter n.

<https://vimeo.com/516837234>

Remember rhyme to help you write it is 'Down Nobby and over his net'.



Find lots of different ways to try to write the letter that aren't just on paper to help you child get used to making the letter shape. You could practise in the bath, in the air, write with a stick if you go outside. Please don't worry if your child is finding this tricky praise your child for their efforts and help them to learn the rhyme. This will all help when they are ready to write letters.



Imagine you find a magic bean! What would happen if you plant it? What would grow? Would it be a beanstalk or a flower? What would be at the top? A palace? A fairground? A beach?

Draw a picture of what your magic bean would grow and what would be at the top.

Try and do some writing about your picture too. We can't wait to see what you create!

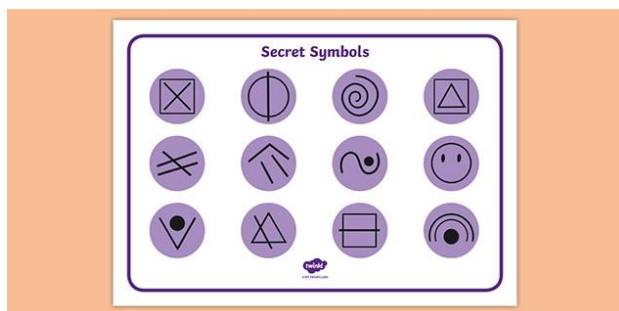
The children were making such great progress with their mark making and writing before the holidays and we would really like to keep this going. Try to do lots of mark making at home if you can. It is best for children to have a reason to draw and write so try to involve them in any writing you do - birthday cards, shopping lists etc.



Message Monster is really missing having the children write to him and hide messages around Nursery! Why not do some secret messages for your family instead? On scraps of paper, make notes for your family and hide them – maybe put them in the fridge, in someone's shoes, under a pillow? What does your secret message mean? Here are some ideas of symbols you could use. Remember to give your secret message a meaning. Could you draw a symbol that means 'I love you' or 'Please can I have a snack?'

Rebecca has been writing secret messages for her family at home. Watch by following this link <https://vimeo.com/402249718>

Can you practise writing our sounds of the week as secret messages to hide around your home?



There are lots of fun ways to make marks. Here are lots of ideas to keep you busy!

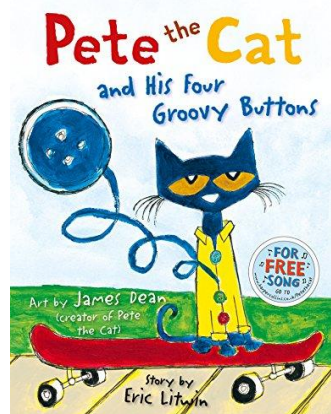
<https://www.fleet.camden.sch.uk/ckfinder/userfiles/files/Home-Learning/Nursery/Mark-Making.pdf>

Maths

Numbers

This week our number of the week is...

Rebecca will tell you more about the number 4, show you all the ways we can show 4 and make 4, and tell you a number rhyme that shows you how to write the numeral.



There is also a great story about the number 4 which Rebecca will read.

We will also practise our SUPER SUBITISING skills in the video and look at all the ways we can make four and the numbers we can see in 4!

<https://vimeo.com/516788474>

You can do more Pete The Cat activities here

<https://www.petethecatbooks.com/>

Learn about Numberblock four

<https://www.bbc.co.uk/iplayer/episode/b08d61cv/numberblocks-series-1-four>

Sing some songs and learn more about the number 4

<https://www.youtube.com/watch?v=4l2uzx9uwow>

<https://www.youtube.com/watch?v=-4djlJR8R4>

<https://www.youtube.com/watch?v=HzlfPXwy1YY>
<https://www.youtube.com/watch?v=fZ9WiuJPnNA> - we love this one!

Here is a counting story to listen to and Rebecca shows you how to use your careful counting finger to count! <https://vimeo.com/415594556>

Can you practise recognising numerals? Look for numbers around your house and when you go outside. Look on doors, on buses and signs. Which numerals can you spot?
Practise counting with numeral cards here <https://vimeo.com/411401618>

Here are some of our favourite counting songs...

<https://www.youtube.com/watch?v=dk9Yt1PqQiw> (10 Little Numbers)

<https://www.youtube.com/watch?v=DR-cfDsHCGA> (Counting to 10)

<https://www.youtube.com/watch?v=HkkYaj0m6cg> (Funky Count to Ten song)

<https://www.youtube.com/watch?v=6RfIKqkvHTY> (Zero Superhero)

Some counting songs to join in with <https://www.youtube.com/watch?v=7D4K9oi7oBM>

Learn the Days of the week with a song <https://vimeo.com/400924659>

Measuring

Can you build a tall tower with something you have at home? Is it taller than you? Smaller than you?

Jack's beanstalk stretched up to the sky. Can you think of anything that is really tall like the beanstalk?



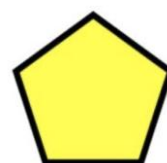
Play a dice game to build towers of blocks. Which tower is the tallest? Which is the smallest?

Rebecca will show you how to play this game here...

<https://vimeo.com/400435689>

Shapes

Our shape of the week is all the shapes we've learnt so far!



Nicola is going to help you remember all the shapes you've learnt at home here -

<https://vimeo.com/516841725>

Can you do a shape hunt and see if you can find these shapes at home or even when you go out for a walk?

Understanding the World

Spring is almost here and hopefully you will have seen some plants starting to grow already! Jack planted a bean that grew so well! Let's find out what plants need to grow. Hopefully you can have a go at looking after any plants you have at home and when we are back in nursery, we will plant some seeds for the nursery garden. If you have any seeds at home, maybe you could plant them and see what happens? Remember to look after them!

Plants and seeds need sunlight, air, water and soil to grow.

Find out more in these programmes...

<https://www.bbc.co.uk/iplayer/episode/b0brf8g9/kit-pup-series-1-48-soil>

<https://www.bbc.co.uk/iplayer/episode/m0009p08/tinpo-series-1-67-sunflower-beanstalk>

<https://www.bbc.co.uk/iplayer/episode/m0004qsd/mad-dies-do-you-know-series-3-2-plant-and-compost>

<https://www.bbc.co.uk/iplayer/episode/m000h45g/love-monster-series-1-19-plant-a-seed-day>

<https://www.bbc.co.uk/iplayer/episode/b05n7z2j/justins-house-series-3-15-oogie-boogie-plant>

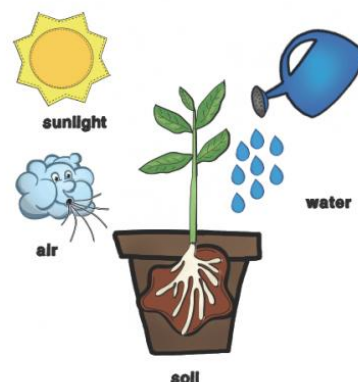
There are lots of growing and gardening activities on the Mr Bloom area of the Cbeebies website

<https://www.bbc.co.uk/cbeebies/shows/mr-blooms-nursery>

If you are looking for some new recipes to try, there is a fantastic programme on Cbeebies where children cook different foods from their culture. Take a look here...

<https://www.bbc.co.uk/iplayer/episodes/b09r7th9/my-world-kitchen>

Plant Needs



Some useful websites for home learning

<https://www.fleet.camden.sch.uk/ckfinder/userfiles/files/Home-Learning/Nursery/EYFS-websites.pdf>

If you are looking for suitable apps for your child, this may be useful.

<https://www.fleet.camden.sch.uk/ckfinder/userfiles/files/Home-Learning/Nursery/iPad-Apps-for-EYFS-home-learning.pdf>

Expressive Arts and Design

There are lots of lovely ways to make a Jack and the Beanstalk picture or model...



Plants need water to grow. Make the sound of rain by making a rain stick with Nicola...

<https://vimeo.com/409306543>

Jack is very quiet when he is creeping around the giant's castle and the giant is very noisy when he shouts 'Fee Fie Fo Fum!' Can you make some loud and quiet sounds? What could you use to be loud? How can you make a quiet sound?

Kit and Pup can tell you more about loud and quiet...

<https://www.bbc.co.uk/iplayer/episode/b0bc28hf/kit-pup-series-1-6-loud-and-quiet>

You can practise being loud and quiet with Yolanda

<https://www.bbc.co.uk/iplayer/episode/p06vc866/yolandas-band-jam-songs-bout-that-noise>

Mr Tumble is also trying to be quiet

<https://www.bbc.co.uk/iplayer/episode/b06zzc8v/somethin-g-special-were-all-friends-series-10-18-quiet-and-loud>



Jack steals the giant's magic harp. A harp is a musical instrument with strings. It looks like this...

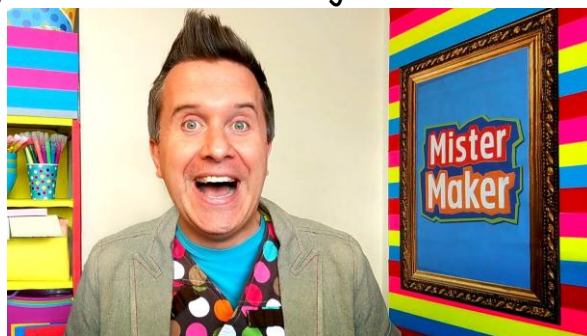
Listen to some harp music...

<https://www.youtube.com/watch?v=xxueH1QaRMM>

Can you think of any other instruments that have strings?

Mister Maker is in lockdown too! He is making a programme from home to give us all lots of ideas for making and being creative while at home. Take a look here...

<https://www.bbc.co.uk/iplayer/episodes/m000k4wg/mister-maker-at-home>



For some role play ideas to try at home

<https://www.fleet.camden.sch.uk/ckfinder/userfiles/files/Home-Learning/Nursery/Role-Play-Ideas.pdf>

There are lots more ideas here for creative play and exploration

<https://www.fleet.camden.sch.uk/ckfinder/userfiles/files/Home-Learning/Nursery/Creative-Play-Ideas.pdf>

Dance and Music

We love to dance and sing in nursery – watch the videos below and remember to join in.

Fee Fi Fo Fum song - <https://www.youtube.com/watch?v=Tn-ZSizEdMI>

Campfire Crew Jack song - <https://www.youtube.com/watch?v=4otnJaX3hwk>

Jack and the Beanstalk song - <https://www.youtube.com/watch?v=z7QMJpaHcMo>

The farmer plants his seeds song - <https://www.youtube.com/watch?v=WUkvbhWe8Lo>

Plant a Bean dance - <https://www.youtube.com/watch?v=LCKEdDEr82k>

Go Noodle - Trolls - Can't Stop the Feeling -

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

Get dancing with Oti from Strictly Come Dancing on Boogie Beebies

<https://www.bbc.co.uk/iplayer/episodes/m000jsds/otis-boogie-beebies>

Learn about musical instruments with Yolanda

<https://www.bbc.co.uk/iplayer/episodes/p06vc6tb/yolandas-band-jam>

Old MacDonald had a Farm

https://www.youtube.com/watch?v=_6HzoUcx3eo&t=0s&list=PLkHlmRetnpDqCnPjobd7ngterJpgwr3EP&index=10

Banana Banana Meatball

<https://www.youtube.com/watch?v=BQ9q4U2P3ig&list=PLYy5je71sMB2okYgQMoxvJqR-o8TAEJhC&index=4>

Elephants have wrinkles <https://www.youtube.com/watch?v=KJonGSbUWxE>

Move and Freeze <https://www.youtube.com/watch?v=388Q44ReOWE>

Learn and practise nursery rhymes, for example Five Little Ducks, Mary had a Little Lamb.

<https://www.bbc.co.uk/cbeebies/curations/nursery-rhymes>

We can't wait to see you all
next week!

