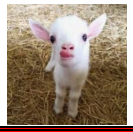
Evenwood C of E Primary School
Nursery Home Learning
W.B 18/05/2020

Here are some suggestions of learning you could provide for your children at this time.

Monday	Listen to Mrs Hill read 'The Huge Bag of Worries' on the YouTube link— https://youtu.be/lfGPAOxFECE Talk to your adults about a time you have felt worried? What happened? How did you solve your worry?
Tuesday	**Out and about:** When out and about for your daily exercise, can you collect some natural items to create a nature collage at home? Leaves, flowers, sticks and grass are excellent natural materials to make interesting pictures with, by sticking to paper or card. We look forward to seeing your collage creations!
Wednesday	**Lets count!:** How many different coloured cars can you see from your window or your garden? Count how many red, blue, white, black, silver and green cars you see in 10 minutes. Can you make a chart with your adult to record your results?
Thursday	**Squiggle whilst you wiggle!:** Grab some crayons, a roll of paper or old wallpaper and get squiggling to your favourite music! See the link for writing patterns, enjoy! https://www.youtube.com/watch?v=ptFAL-eSvxU **PE:** See the attached list of activities you might like to take part in as a virtual sports day!
Friday	**Baby Animals:** Can you investigate with your adults and find out the names of these animal babies: horse, cow, sheep, dog, cat, rabbit, kangaroo, duck. Where do these animals live? What would these baby animals eat?
Daily	Listen to your favourite story books. Ask an adult to read to you or read the story from the pictures. Look together with an adult at a picture book you have not read before, there are many stories on You Tube that you may not have heard. Try something new! 

Whole School Activities

Wellbeing week

You are all very important to us (even your parents) and we want to make sure you all take time for your mental health. Here are some ideas, that are not school related, you may want to look at. **Psst, "It's ok to not be ok!"**

Complete a yoga session

Yoga is extremely beneficial in helping your body and mind relax. Join in with a yoga session and see how you feel afterwards. Cosmic kids yoga is a brilliant way for children to get involved- https://www.youtube.com/user/CosmicKidsYoga/videos

Take part in a meditation session

Meditation is a process of **training your mind to focus and redirect your thoughts**. You can use it to increase awareness of yourself and your surroundings. Many people think of it as a way to reduce stress and develop concentration. https://www.headspace.com/meditation/kids

Do something creative!

Being creative can improve mood and self-esteem, as well as improving mental agility.

Learn new skills

Achieving goals you've set for yourself can increase your confidence and help you to feel more optimistic about the future.

Gratitude jar

Gratitude Jars are a brilliant way of celebrating all the things we have to be thankful for. Can you follow the instructions attached and make a gratitude jar?

Gratitude Jar

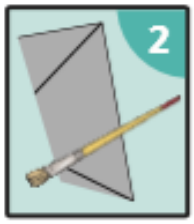
Gratitude Jars are a brilliant way of celebrating all the things we have to be thankful for. Celebrations of the wonderful things in our lives can enhance and improve our wellbeing. Use these craft instructions to create your own Gratitude Jar and note down anything you feel grateful for each day, recording each one on a small piece of paper. Drop the piece of paper in the jar and reflect on all the ideas you have collected later on.

You will need:

- glass or plastic jar
- scissors
- paintbrush
- white glue
- Gratitude Jar label
- tissue paper or colourful paper
- paper scraps to record your moments of gratitude

Instructions

Cut shapes out of the colourful paper or tissue paper.



Using your paintbrush, put glue on the parts of the jar that you want to decorate.

Carefully stick the shapes you have cut out on to the jar.

Add your Gratitude Jar label.

You can paint over the colourful paper with extra glue if you would like to. This will give a nice, shiny effect.

Enjoy using your jar. At the end of each day, read the pieces of paper you have added to the jar and reflect on what we have to be grateful for.

Parents:

You are extremely important to us alongside your children, we are all a community. Your mental health and wellbeing is something we are invested in, especially during this period of lockdown. We have gathered together some resources and websites that can help and support you.

Mind:

Mind is an organization that provide advice and support to empower anyone experiencing a mental health problem. https://www.mind.org.uk/

Calm:

Calm is the number 1 leading app for sleep and mediation., some of its resources are currently free and every member of staff can recommend downloading the app and giving it a try! https://www.calm.com/

CAMHS:

Children Adult Mental Health Service (CAMHS) is a nation wide NHS service that supports a varied amount of issues. It enables children and adults ti get support for free and comes highly recommended nationwide.

https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs/

Routine:

It is important more than ever to keep a routine. This may not be similar to the routine you had in place before lockdown but simple things such as getting dressed and doing some exercise have been scientifically proven to boost your mental health.

Headspace:

Another leading app/website for mediation and sleep is Headspace, it is currently offering free support during this global crisis. https://www.headspace.com/

Mindful:

Mindful: health mind, healthy life is a fantastic resource that give support and advice. They have helpful articles that enable quick and easy support. https://www.headspace.com/

Children:

YOU! Yes YOU! You are so very important, we are always thinking about how we can make this time easier and safer for you. Here are some ideas that might help you along the way.

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20/20/20 to prevent eye strain:

Take a 20 second break

Every 20 minutes

Looking at something that is 20 feet away.

Set a timer:

Set a timer like in school to do short tasks. A reasonable amount of time is 15 minutes in one session. Breaking tasks down into small steps will help your concentrate and do you best work, it will also help you achieve more.

7/11 breath regulation practice:

This breathing exercise allows your mind and body to relax. Breath in for a count of 7, pause for a count of 2 and then exhale for a count of 11. Here is a simple tutorial: https://www.youtube.com/watch?v=sFP65kZBtaQ

Digital sunset:

It is becoming increasingly difficult to switch off near bed time, therefore following the digital sunset will help you sleep longer. The idea is to turn electronics off as the day is winding down and no later than when the sun begins to set. Read a story with your family, talk about something that has happened in the day that has made you happy and remember to turn all electronics off.

ONE POINT

Advice and practical support across all aspects of family life
03000 261 111

Humankind

Health and wellbeing support for LGBT young people. (15 -24yrs)
01325 731 160

CAMHS Crisis Team

24/7 service. for young people experiencing a mental health crisis
0191 4415733

County Durham Together Hub

Help with self-isolating/ how to volunteer
03000 260 260

Children's social care first contact

Report a concern about a child's welfare
03000 267 979

In these uncertain times please don't ever feel alone. There are many ways to get help and support, here are a few examples of places to look.

NHS

Get medical help near you
111

Kooth

Free, safe, anonymous online support for young people aged 11+

National Domestic Abuse Helpline

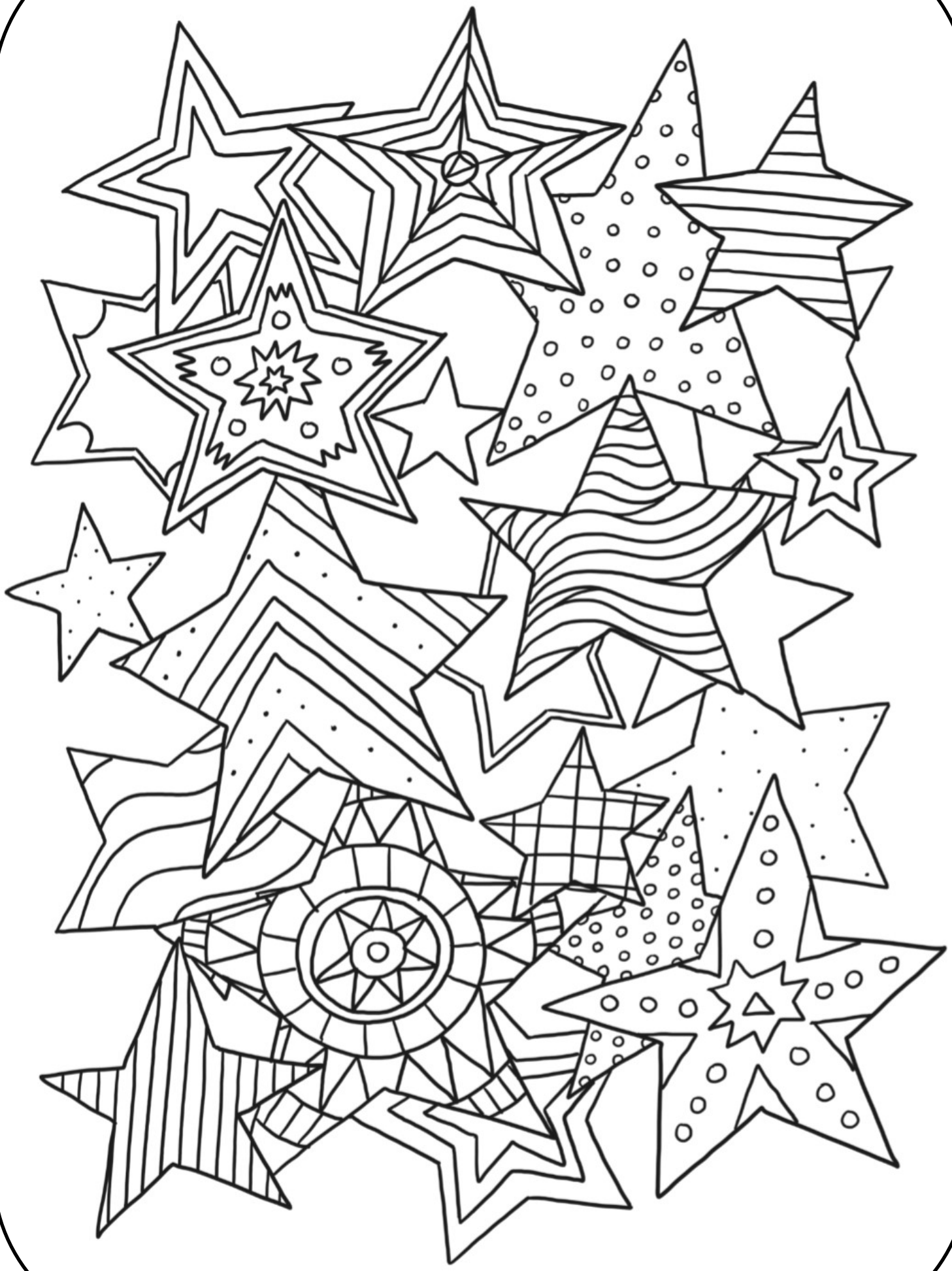
24 hours free
0808 3000 247

Respect- Men's Advice Line

(mon-Fri 9-5pm)
0808 8010327

Samaritans

24 hours - free
116 123



"Sometimes the smallest things take up the most room in your heart."

—Winnie The Pooh

Virtual Sports Day score card

Name: _____ Year group:_____

Send this or a photo of this to your class teacher by Sunday 24th May 2020 to enter.

Day	Score
Monday - Sock challenge	
Tuesday - Speed bounce	
Wednesday - Sock ladder challenge	
Thursday - Egg and spoon	
Friday - Step-up challenge	
Saturday - Tuck in tuck out	
Sunday - Squat jump challenge	
Total Score	

Evenwood C of E Primary School
PE Bingo EYFS

Complete the tasks to earn points. Over the course of the week complete as many of these as you can, the more you complete the more points you will earn. Tick them off as you complete them and submit your score card to your class teacher at the end of the week to win a prize.

Name: _____ Total points: _____

Pass the object Pass a ball/object around your waist 10 times without dropping it. 2	**Star jump challenge** To complete this, you will need to perform 15 star jumps. 1	**Jog on the spot** To get the points you will need to jog on the spot for 1 minute without stopping. 2	**Balance** Try and balance on 1 leg for 20 seconds. You have to re-start if your foot touches the floor! 5
Squats Perform 10 squats. Make sure you are parallel with the floor for them to count. 6	**Backwards walking challenge** Walk backwards for 20 steps without turning around to get the points for this challenge. 5	**Toilet roll tower** Put toilet rolls into a tower then walk 10 steps away. You have to knock the tower over with another toilet roll. 10	**Plank Challenge** To get the 5 points, you need to hold a plank for 30 seconds without your stomach touching the floor. 5