

Communication & Language

This week, we want to challenge you to sing a Nursery Rhyme a day.

Encourage your child to think about the different nursery rhymes they know and sing them to their family. This could be in the morning or before bed.

Ask your child - *Why do you like this rhyme? Which rhyme is your favourite?*

Personal, Social & Emotional

Give your child a small mirror or find a mirror in your home where they can see themselves. Sit together and talk about different emotions that people sometimes feel - happy, sad, angry, worried etc. Encourage your child to try to make an emotional expression using their face. Can you guess the emotion? Swap over and see if they can guess your emotion.

Physical Development

Have a go at calming your bodies down with a bit of yoga before bed. You can find lots of guided relaxation sessions on Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

As we are exploring 'Bear Hunt' this week, why not have a go at making your own Bear Hunt themed obstacle course in your garden or living room.

Understanding the World

This week, we are thinking all about the book 'We're Going on a Bear Hunt'.

With your child, can you use the internet to find out 3 facts about bears? It would be great if you could make a video to share with us on Twitter!

What type of bear is your favourite?

Expressive Arts & Design

John Lewis are calling all children to help them design a SuperBear that will be sold in their stores this Christmas. All proceeds will go towards the NHS in support of all their hard work. Share your designs on Twitter by 8th May using the hashtag...

#DesignYourSuperBear

