

Activities at home for Hedgehogs

Our topic for the month of May is: Our senses and keeping healthy

The areas we will be covering are:

- Role play - Cooking healthy meals in the home corner/fruit and veg shop/gym
- Messy play - Exploring different textures and creating patterns with paint, baked beans, gloop, pasta, rice, cereals, shaving foam, jelly, play dough, soapy sand and cloud dough.
- Discussions and activities surrounding healthy eating and exercise. Physical flashcards.
- Keeping our minds healthy - Happiness bucket, feelings circle times/flash cards.
- Learning about our bodies.
- Experiencing different tastes - sweet/sour, spicy/plain, hard/soft, hot/cold.
- Using our senses to identify what we can see and describing what things look like.
- Musical instruments - experimenting with sounds.
- Cooking/baking - exploring tastes, smells and making menus. Sweet and savoury.
- Sensory boxes/treasure baskets - investigating different textures and materials.
- Yoga/Zen/Stretching - exploring moving in different ways - Quiet times and relaxation.
- Obstacle circuits outside moving along, over, under and through - using equipment safely.
- Exploring the potion station and mud kitchen.
- Oral health - importance of looking after our teeth.
- Using the children's cameras to explore the environment.
- Exploring the sensory garden.

Books, rhymes and songs:

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| <ul style="list-style-type: none"> • My senses (song). • Busy Feet (physical activity programme). • Tumble Tots and Sticky Kids (physical activity songs and rhymes). • Funnybones (story) and skeleton song. | <ul style="list-style-type: none"> • Goldilocks and the Three Bears (story box available to borrow from office). • Red Riding Hood (story box available to borrow from office) • Rainbow song. • The Prince's Breakfast (cd story). |
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Ideas how to explore this topic at home or when you are out and about:

- Books and songs related to our senses and keeping healthy.
- Messy play - Exploring different textures and creating patterns with paint, baked beans, gloop, pasta, rice, cereals, shaving foam, jelly, play dough, soapy sand and cloud dough.
- Walks in local environment - what we can hear, see and smell.
- Draw pictures of what you can you hear, see, smell and touch in your house.
- Talk about keeping our bodies healthy at home. Visits to the doctor and dentist.
- Talk about different food tastes and textures, favourite and least favourite foods.
- Try new or different foods/fruit/veg that you don't normally buy or try.
- Cooking/baking. Encourage the children to use their senses when trying new foods.
- Make own playdough and add different items such as glitter, colours, herbs, spices.
- Visit supermarket pointing out different foods and how they help our bodies grow.
- Be active - go walking, ride bike/scooter or swim etc... Trips to the park, soft play, outdoor physical trips, places or centres.
- Dance, dance, dance. Hedgehog's love to dance at nursery every day!!



Activities at home for Lambs

Our topic for the month of May is: People who help us

The areas we will be covering are:

- Role play - People who help us
- Talking about people who help us and their job roles e.g. the police, doctors, firefighters, nurses, dentists, postman etc...
- Talk about animals that help us eg guide dogs, police dogs.
- Talk about places to visit in the local community where people help us - post office, doctors, dentist, optician, hospital, train station, library etc...
- How people who are special to us help us at home - mummy, daddy, siblings, grandparents, auntie, uncle.
- Imagining what we might be when we grow up.
- Super heroes - using imagination during role play.
- Sorting activities - professions and equipment used/needed.
- Share ideas what we could do at home to help eg. washing up, unpacking shopping, helping with brothers and sisters.
- Learning how computers can help us by giving us information and E safety 'The Adventures of Smartie the Penguin'.
- Stranger danger activities and keeping safe in the community.

Books, rhymes and songs:

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| <ul style="list-style-type: none">• Fact and fiction books about different job roles.• Fireman Sam, Postman Pat, Bob the Builder & Blibby books and songs.• Miss Polly had a dolly (song).• I'm a police officer; I'm a fire fighter; I'm a helpful doctor (songs).• Percy the park keeper (story) | <ul style="list-style-type: none">• Wheels on the bus (song).• The Jolly Postman stories.• CD stories - A Farmers Life For Me; Dump Truck Disco; Amazing Machines; Journey Home From Grandpa's; We All Go Travelling By; My Friend Robot;• 5 Little monkeys jumping on the bed - song.• Hospital Dog; Zog (story) |
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Ideas how to explore this topic at home or when you are out and about:

- Read stories and sing rhymes/songs about people who help us.
- Point out /introduce different people in the community who help us.
- Visit post office, doctors, dentist, optician etc....
- Learn how to use a zebra crossing/traffic lights when out and about.
- Draw/paint pictures of people who help us and bring into show and tell.
- Help out at home eg. washing up, unpacking shopping, helping with brothers and sisters.
- Talk about and explain what mummy/daddy do at work. Share with friends at circle time.
- Discuss stranger danger (Little Red Riding Hood story sack available to borrow from office).
- Find information from computers about people who help us etc.. to bring in and share.
- Discuss E safety when using the computer ('The Adventures of Smartie the Penguin').
- Visit 360 soft play - Redditch or Solihull play town.