

HOLY FAMILY CATHOLIC PRIMARY SCHOOL

NURSERY REMOTE LEARNING PLAN

Date: 5th February 2021



Holy Family R.C. Primary School

Story time

This week it is children's mental health awareness week.

The theme for the week is "Express yourself!" We will be thinking about how we can express ourselves and all the special things about us.

Listen to the peaceful story "Breathe and Be."

<https://www.youtube.com/watch?v=snKYQU8GTyU>

Listen for the word patient. This means being able to tolerate delays or problems, or wait without becoming annoyed or anxious.

Take a moment to be still, calm and listen to the sound of your own breathing – feeling your chest move up and down.

Makaton

Some people are deaf or hard of hearing, meaning they can't hear sounds like many people, use sign language to communicate.

Take a look at the following clips to see how people can communicate emotions using Makaton. There are lots of Makaton clips online to look at.

Singing hands Feelings and Emotions
<https://www.youtube.com/watch?v=EfrJrIE5Hwg>

How are you feeling song:
<https://www.youtube.com/watch?v=CoaVaEgg5RA>

Daily Mile

Exercise and getting out and about is so good for our wellbeing. Today I would like you to take some time to go outdoors and get some fresh air and exercise. If you like you can try completing a daily mile – you could walk or jog this!

Here are some ideas for you to make this a super fun activity for at home whilst we are not together.
<https://thedailymile.co.uk/at-home/>

Phonics Phase 1, Aspect 4 Rhythm and Rhyme

Today I would like you to practise your rhyming words, can you think of things which rhyme around you? Nursery rhymes and stories are a great way of doing this during play. Think about the words that rhyme and see if the children can fill in the missing spaces with rhyming words!

Thank you to all for engaging with our home learning ideas. The main things to keep doing are reading, talking as much as possible and singing your favourite songs and rhymes.

Numberblocks and Alphablocks are good educational programmes to watch at home to support development. Phonics play is also free currently. In nursery we focus on Phase 1:

<https://www.phonicsplay.co.uk/>

You may log in with the following details:
username: jan21 password: home