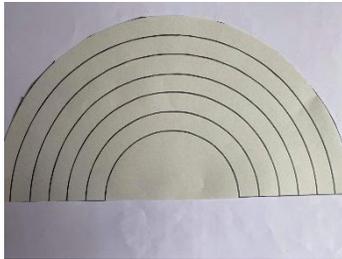


# Cuiken Nursery Home Learning Grid - HEALTH WEEK

## Outdoor learning (by Pat)

### Healthy Eating Rainbow Design.



- Get your grown up to help you draw the outline of a rainbow.
- Think about what healthy food you would like to eat.
- Sort your favourite food into colours.
- Create your healthy eating rainbow by drawing foods that match each colour of the rainbow.



## Science (By Rosie)

### Mindfulness activities



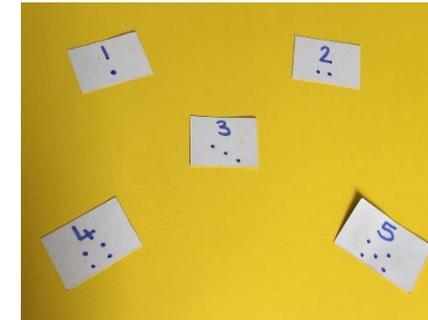
Kindness- kindness is a massive part of happiness. When we are kind to people we help them to feel good. And when we help someone else feel good then that makes us feel good about ourselves too. Think/write/draw who can you be kind to today and what kind things can you do?

A breathing exercise - when feeling worried or upset relax using a breathing exercise. Next time you feel anxious or sad, find somewhere to sit down and close your eyes. Breathe in slowly while you count to 5 in your head, hold the breath for the count of 2 and then breathe out slowly while you count to 5. As you breath out, feel your body and mind relaxing and slowing down.

The glad exercise- sit down at the end of your day, just before bed and think back over the day. Find 5 things from the day to be glad/grateful or happy about. If more than 5 keep going see how many you can get.

Relaxing your muscles - when we get angry or upset, the muscles in our bodies tense up, they go all tight and uncomfortable. Sometimes we don't even notice they have done it. Next time you feel cross about something, take a few moments and gently squeeze all the muscles in your body. Squeeze your legs, tummy, chest, arms, shoulders, back and face. Don't do it hard. Once you have squeezed everywhere, then gently let all your muscles relax. Doing this on purpose will release any tension that is being held in your body and will help you feel relaxed.

## Numeracy (By Lauren)

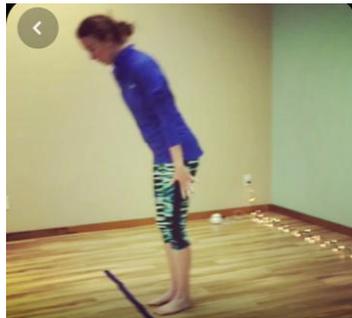


### Knees Up Numeracy!

- Gather some scraps of paper and write the numbers 1-10+ (Challenge your child to have a go at writing the numbers themselves if they can).
- Draw the corresponding number of dots beneath the numeral, so that your child can work out the number themselves by counting the dots).
- Fold up the pieces of paper and put them in a tub.
- In a separate tub, fold up pieces of paper with actions such as hop on one leg, star jumps, bunny hops, skips, throwing and catching or anything else you can think of!
- Pick one piece of paper from each tub and ask your child to do the amount of the action - eg - 6 star jumps!
- Siblings and parents can join in too.
- Do it outside if you can to enjoy the sunshine and fresh air.

## Be Independent (By Laura)

Try this yoga obstacle course



Have fun doing a yoga assault course.

<https://pin.it/8o0EZew>

## Family Learning (By Zoe)



### Family learning Health Food Tasting

Child and grown up have a go of being blindfolded and having a guess and describe different food they are tasting. You could also do it by smelling it or by feeling it using your different senses.



[Have a look at my video on YouTube](#)

## Literacy (By Katie)

Healthy exercise



### Letter Hopscotch

All you need for this one is some chalk  
Draw 10 boxes (like normal hopscotch) on the pavement or a path in your garden. In each box write a letter, you don't need to use 10 different letters, you can use the same letter multiple times. As your child hops on each box ask them to shout out the sound that the letter makes. If your child can already recognise the letters well, you could ask them to try to shout out words that begin with that sound. Hopefully they will find it a fun way to start to recognise letters and get some exercise at the same time.

## Be Helpful (By Lillian)



### Create a Ecobrick

Help take care of our environment by making an ecobrick using non materials that CANNOT be recycled.

What you need:

A bottle, any size an average tends to be between 500ml to 1.5L. Prepare your plastic. Any plastic that you put in your bricks needs to be CLEAN and DRY - any dirt can lead to microbiological growth and methane forming inside your brick which can make the bottle bloat and the cap even pop off.

Get a stick to poke the plastic in your bottle down so you can fit as much as possible in.

What not to put in your ecobrick. Remember - the things you put in your ecobrick can be recycled or won't break down. Be sure not to include metal, paper, card, food waste or glass.

What you can put in your ecobrick: plastic bags, photo paper, crisp packets, food containers, straws, plastic cutlery, cling film, plastic fruit and vegetable packaging polystyrene (or Styrofoam)

Use scissors to cut up plastic to go in your ecobrick, even if it seems too big.

<https://youtu.be/mQU9ZKIV5CI>

## Health & Wellbeing (by Alix)

We are going on a bear hunt

Yoga adventure

Keep fit in Health Week



Have a look at this YouTube channel and go on a Bear hunt yoga adventure. Have lots of fun and post on the Cuiken twitter to let the nursery ladies see you trying this out. Have fun .



<https://www.youtube.com/watch?v=KAT5NiWHFIU>

## Be creative (By Ann)



The power of nature helps to transform the way we feel during physical activity.

Land Art is a great way for children to explore and express their emotions , through Art and Imaginative Play. Enjoy this while you take your daily exercise , during Health Week.

Try creating a piece of Land Art, this combines playing and creating art in a natural environment, using leaves, rocks, sticks and other natural items, as well as light and water.

There are lots of fantastic ideas on Pinterest, check out , Land Art Ideas for Kids.

I tried to create a Rainbow of Hope, using petals , stones and other natural materials from my garden. Have a go, and take a photo of your creation. Have fun!

Why not look at our **new You Tube channel** Cuiken Nursery where you will find stories and craft ideas recorded from staff -

[https://www.youtube.com/channel/UCzVCZvG\\_9\\_nWqICW--svrOw](https://www.youtube.com/channel/UCzVCZvG_9_nWqICW--svrOw)

If you try any of our activities it would be lovely if you tweet us some pictures and we can reply.



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