

See what you can find around your house or garden to mix up a magic potion. We used flower petals, glitter, feathers and some grass clippings. can you think of some magical words to say whilst you mix it up? can you make them rhyme? What magic powers will your potion give you?





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P.S. Don't worry if you can't get hold of cream of tartar - it'll work fine without it, but just won't keep for quite so long.

There are some useful ideas here:

https://www.gov.uk/guidance/help-children-aged-2-to-4-to-



If you are lucky enough to have access to a garden then why not go on a bug hunt? We found lots of snails and had great fun creating a 'snail hotel' (an old box full of grass, twigs and leaves with a bit of cucumber for the snails to eat). We chalked lines on the floor and tried our hand at snail racing too.







Get active with some yoga stretches. If you don't have a garden it would be just as good to do these inside.

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg, Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under you legs, palms up. Pretend to be a flower in bloom



The children are always keen to use our percussion instruments in Nursery. We often play along to nursery rhymes. Maybe you could have a have a go at making your own instruments? Here are a few ideas to get you started...







The BBC website has a great selection of Nursery Rhymes to help with your music making!

https://www.bbc.co.uk/teach/school-radio/nurseryrhymes-songs-index/zhwdgwx

Does anyone else always have a huge pile of odd socks?!

Why not get your little helpers to help match the pairs. They love to feel they're being helpful and it's great for developing their counting, sorting and colour matching skills.



Maybe you could use any left over odd ones to make a sock puppet!