

Dear Nursery children, parents, carers and families,

We miss seeing you all in Nursery but hope you are keeping safe and well at home. Thank you to those who have been busy uploading photographs and videos on to Tapestry. We have really enjoyed seeing what you've been up to with your families at home. Spring is here, so we thought we would give you a few ideas for Spring and Easter themed activities you could try at home this week. Have fun!

Best wishes,

Mrs Chalk, Mrs Jones and all the Nursery Team

Get crafty and make some Easter Eggs. This will help your child develop their fine motor skills and creativity. You could turn your creations into Easter cards or put them up on your walls to brighten up your homes. Use whatever materials you can find. You might find useful bits in your recycling bins! Here are a few ideas to get you started...



Save your old egg boxes and turn them into Easter chicks. Practice your counting skills.... how many have you made? What if one flies away... how many would be left?



Snuggle up for story time together. This great book follows the same pattern as 'We're Going on a Bear Hunt', but with an Easter twist! There are various versions available on YouTube.



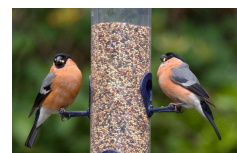
Get active with a yoga session. Cosmic Kids Yoga is available for free on YouTube. They even have an Easter Story themed yoga session you can try together.



Get your mixing bowls out and rustle up some scrummy chocolate Easter nests. You can find lots of recipes for this online.



Take part in the RSPB Breakfast Bird Watch and watch wildlife from your window. Weekdays 8am - 9am. Share photos, videos, questions and comments on social media using #BreakfastBirdwatch



Enjoy the Spring weather! Get out in your gardens or go for a walk and discover colour in the nature all around us.

Take this artist's palette with you and a pot to collect things in. Look out for interesting twigs, leaves, stones, feathers.... Match your finds with the palette and see how many wonderful colours you can discover.



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And lastly, a little something for all you grownups that I thought might be helpful. We have been trying some of these suggestions and found them very useful.




COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND




30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger
15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news.	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time	 <p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p> 				

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