



## Explorers' Play and Learn Pack



Please remember you can Email me with any questions, comments or pictures of learning at [nursery@redbrookhayes.staffs.sch.uk](mailto:nursery@redbrookhayes.staffs.sch.uk)

You can also send observations to [2simple@2buildaprofile.com](mailto:2simple@2buildaprofile.com). When sending observations to 2 simple, please link one photo per email. If you have multiple activities to share please send each one individually. Thankyou



# Congratulations



It is our last week in Nursery and all your teachers are so proud of you! Some of you are moving up to Nursery class and some of you are off to Reception to continue your learning journey! Those off to new school we will all miss you so much but we know you are going to have an amazing time on your new adventure!

Congratulations on all the super achievements you have made this year!

To celebrate, this week our home learning will be preparation for an end of year party on Friday. You will be making decorations, baking and thinking about your favourite memories ready to celebrate at home with your families or at school with us if you have returned.

A party isn't a party without games to play. So for your challenge today you are going to be preparing some fun games for your party. Here are some ideas...

- Make a playlist of all your favourite songs for a dance off/ musical statues or bumps
- Make a pin the tail on the donkey, horn on the unicorn or pin the graduation cap on you!
- Create a list of objects for a scavenger hunt
- If you are feeling very creative you could use gloopy glue, paper and a balloon to make your own Paper Mache piñata
- Use old newspaper or parcel paper to wrap some sweets up lots of times for pass the parcel- you could leave a note in each layer?
- Make a paper craft decision maker to give your family challenges during the party-see below link..

<https://youtu.be/6X4BtQq9ymg>

Remember to take time to be still and have time to think about all your adventures this year, at school and at home.

Why don't you take a mindfulness moment today to be calm and still with your family ☺

#### Brain Break Breathing

##### Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.



#### Brain Break Breathing

##### Bumble Bee Breaths

Open your hands out with the palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through the nose and breathe in. Count silently 1, 2, 3, 4, 5.

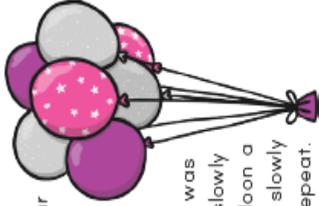
Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.



#### Brain Break Breathing

##### Balloon Breaths

Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.



#### Brain Break Breathing

##### Starfish Breaths

Sit on the floor with your legs comfortably crossed in front of you. Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside thumb while taking a deep breath in. Go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished, switch hands and repeat.

