Play & Learning Newsletter

23rd – 27th September 2024

Brother, sister**,sibling,** same, **family, grandparents, cousins,**

Wonder words to use with your child:

The children have really enjoyed using their family photos to talk to their friends and the staff about who they live with, who is in their family and what they like to do with those family members. This has been helping to develop their language and vocabulary skill plus the listening and attention ones as they listen carefully to what their peers are saying. The photos have also been great for encouraging the children to recognise similarities between their friends and themselves, for example, that they both have cousins/a nanny etc. This is a super way to begin to develop their interest in others lives and it’s been lovely to hear the conversations that have been occurring about these things.

We have also been using our ’10 in the bed’ song sack (complete with 10 woollen babies) to continue talk about family and how many they have in their family. We are encouraging them to show the correct amount 1 – 5 on their fingers (with the ultimate aim by the end of their time with us to be able to put up the correct number of fingers without counting).

Other highlights this week have included:

* Continued use of sensory resources in the home corners to encourage conversation and interaction between children,
* our long, curved balance beam and balance boards out in the playground to provide opportunities for concentrating whilst moving and developing strength in their core muscles (which is essential for later writing skills)
* Large tray with shaving foam and tools to make large movements and mark make which strengthen arm, shoulder, and finger muscles all vital for handwriting and fine motor skills later on.

 ***Sounds and Letters/language focus:*** We are continuing our focus on developing listening skills and this week we have used the instruments to play a ‘guess who’ game, plus lots of exploration of the different sounds the instruments make, using our self-control to beat out rhythms in songs and different levels of noise. We have used our sound bottles to see if they could identify what was making the sound inside by feeling the weight and listening carefully. Noisy but great for developing those listening skills!

 **Out & About sessions:** We had a lovely out and about to Greenfield gardens where we ran, jumped and played self-control games. We used chalks to decorate the amphitheatre with large movement and counting and numbers were a big interest. We focused on safety and what we do to keep safe when we are out.

 Ideas to support your child at home:

Open spaces encourage lots of vigorous physical activity in children, such as the beach or green spaces. Did you know that pre-school children should be spending at least 3 hours a day whatever the weather doing a variety of physical activities and at least 1 hour of that should be moderate to vigorous! This doesn’t all have to be in one go! However, it’s a good idea to consider whether your child does get a chance to burn off some energy and get hot and puffed at some stage every day. You can provide your child with opportunities to do this by putting music on for them to dance too, playing with a ball in the garden, challenge them to skip to places in the house rather than walk, give them little challenges like ‘jump 10 times’, take their bike/scooter to an area where they can freely move around or just get them outside at the park, beach, woods etc and let them explore. It’s good for their little bodies – and good for sleep and regulating behaviour too. A win, win all round! Have a lovely weekend.