

Big Nursery – WC 11.05.26 & 18.05.26



**Our rhyme of the fortnight is:**

**The Vegetable Song**

(to the tune of Twinkle, Twinkle Little Star)

Carrots, peas and broccoli  
Vegetables are good for me,  
For my snack and in my lunch,  
Veggie sticks are good to munch  
Carrots, peas and broccoli  
Vegetables are good for me!

**What to do at home together:**

- Sing the song with simple actions.
- Try some new vegetables at home.
- Write a shopping list together, including your favourite vegetables.
- Have a go at chopping vegetables and cooking with a grown up.
- Notice rhyming words in the song (munch, lunch).
- Watch a video of an additional song about fruits and vegetables –
- <https://www.youtube.com/watch?v=ha8ng-YuInI>

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**Our rhyme of the fortnight is:**

**Bear Hunt**

We're going on a bear hunt (repeat)  
We're going to catch a big one (repeat)  
We're not scared (repeat)

Uh oh grass, 'long, wavy grass' We can't go over it (repeat)  
We can't go under it (repeat)  
Oh no, we've got to go through it!

Swishy swashy, swishy swashy!

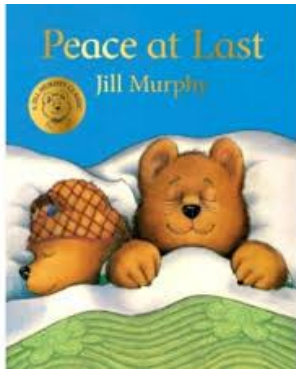
(repeat with 'deep, cold river' ... Splash splosh, splash splosh!  
and 'thick, oozy mud' ... squelch squerch, squelch squerch!)

**What to do at home together:**

- Sing the song acting out the different parts of the story (swishy swashy grass, squelchy mud).
- Find out some facts about bears!
- Practise using positional language in a game of hide and seek, for example "put your toy under the table".
- Make some binoculars for the bear hunt using two toilet tubes and tape.
- Watch the video of Michael Rosen reading the story –
- <https://www.youtube.com/watch?v=2O17fe766nk>

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**Our book of the fortnight is: Peace at Last by Jill Murphy**



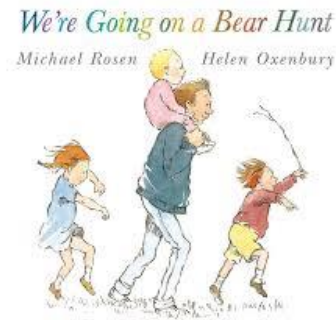
This text supports children to gain an understanding of different families, in this story there is a mum, dad and baby. It supports children to explore their sense of sound - sounds from different areas, sounds heard at night, sounds heard in the day and environmental sounds. This text also supports children in exploring day and night, and nocturnal animals.

**How to get the most out of reading to young children:**

- Sit close together. You could encourage your child to hold the book themselves and turn the pages, too.
- Take a look at the pictures. You don't just have to read the words on the page. What do the illustrations tell us about the story?
- Ask questions and talk about the book. What do they think will happen next? Why did a character act in a certain way? How are they feeling ?
- Sit close together in the day and talk about the different sounds that you can hear and how are they different to the sounds that you hear at night?
- Have fun! There's no right or wrong way to share a story – as long as you and your child are having fun. Don't be afraid to act out situations or use funny voices... your little ones will love it!

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**Our book of the fortnight is: We're Going on a Bear Hunt by Michael Rosen**



This book helps to explore repetition, emotions and an understanding of others, particularly the bear and how he might be feeling. This text uses lots of rhymes and chants for children to join in with. It will look at different elements and geographical locations such as a forest, river, cave, beaches, mud flats and a snowstorm. It also explores family adventures before the use of technology.

**How to get the most out of reading to young children:**

- Be expressive and have fun sharing the book together!
- Picture books can be a great way to talk through your child's fears and worries, or to help them deal with their emotions.
- Give them space to talk, and ask how they feel about the situations in the story.
- Use props and toys to act out the story, either whilst you are reading it, or together afterwards.

Our Makaton signs of the fortnight are:

Happy

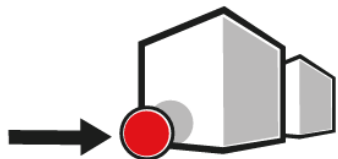


Bear



(Always remember to say the word as you sign)

Our Concept Cat signs of the fortnight are:



Front



Around

Our Right of the fortnight is:



Over the next two weeks, we will be taking part in Mental Health Awareness Week, where children will learn about the importance of resting for our overall health. Through our core texts, children will enjoy exciting opportunities in their environment such as a sensory walk where they can play and explore, and balancing that with a little bit of rest and relaxation.

Article 24

Article 31 says that every child has the right to rest, relax and play.

**2 Snacks Max**



**Startwell**  
Being active, eating well, achieving more.

2 Snacks Max encourages children to develop the habit of having a healthy mid-morning and mid-afternoon snack. We know that children have smaller stomachs than adults and need to eat smaller amounts of food regularly. Having 2 healthy snacks in between 3 healthy 'me size meals' will help to ensure that children have enough energy to keep them going throughout the day.

Lots more early years activities, information and recipes can be found on the Startwell website:

<https://startwellbirmingham.co.uk/>