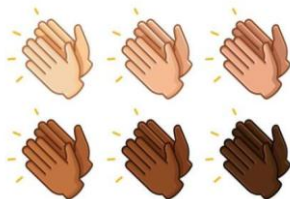


Big Nursery – WC 05.10.26 and 12.10.26



Our RHYME of the fortnight is:

If you're happy and you know it

If you're happy and you know it, clap your hands.
If you're happy and you know it, clap your hands.
If you're happy and you know it, your face will really show it.
If you're happy and you know it, clap your hands.

Repeat the rhyme with:

If you're sad and you know it, have a hug...
If you're scared and you know it, hide your eyes...
If you're cross and you know it stamp your feet...
If you're excited and you know it, jump up and down

What to do at home together:

- Sing the rhyme together and encourage your child to make the face to match the feeling.
- Talk to your child about their feelings and help them to express themselves.
- When your child is feeling sad, scared or happy, tell them what the feeling is (name the emotion) and talk to them about that feeling, and how it can be experienced within the body.
- Watch the song below to see all the actions and sing together.

<https://www.bbc.co.uk/teach/school-radio/articles/z6rnmfr>

Little Nursery – WC 05.10.26 and 12.10.26



Our RHYME of the fortnight is:

Teddy Bear Teddy Bear

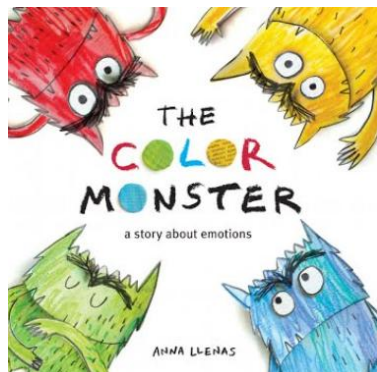
Teddy Bear Teddy Bear Turn around!
Teddy Bear Teddy Bear touch the ground!
Teddy Bear, Teddy Bear Touch your nose!
Teddy Bear Teddy Bear Touch your toes!
Teddy Bear Teddy Bear reach up high!
Teddy Bear Teddy Bear touch the sky!
Teddy Bear Teddy Bear Turn out the light!
Teddy Bear Teddy Bear say good night!

What to do at home together:

- Sing the nursery rhyme together with the actions.
- Name different body parts together.
- Make up your own actions for the song.
- Watch the video below and sing the rhyme together

https://www.youtube.com/watch?v=Tu_n94Wp3rg&list=RD Tu_n94Wp3rg&start_radio=1

Our BOOK of the fortnight is:

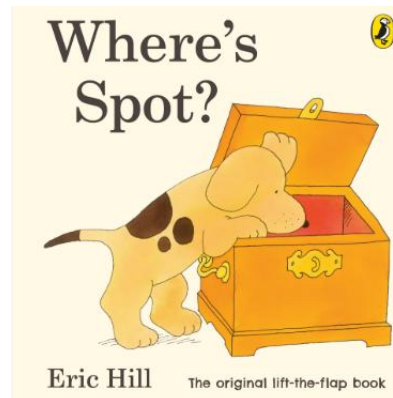


This book helps children explore and name feelings and emotions. It also helps children to begin to think about their own feelings and the triggers. It helps children understand that it is ok to feel the way they do.

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 might they tell us about the story before we read the words?
- 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 ?
- 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!

Our BOOK of the fortnight is:

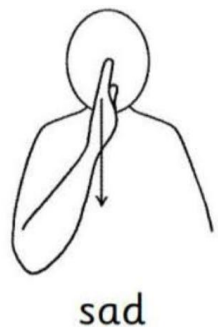


This book supports children as they settle into nursery by helping them feel secure with familiar routines and explore their new environment in a gentle, engaging way.

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

- Be expressive and show interest.
- 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.
- Ask your child what adventures they have been on in nursery or what their favourite thing to do is.

Our Makaton signs of the fortnight are:



(Always remember to say the word as you sign)

Our Right of the fortnight is:

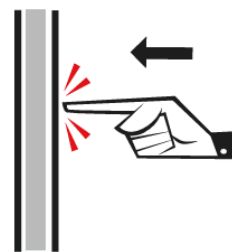


Over the next two weeks, we will be supporting children to recognise that their ideas, thoughts and feelings are important. In nursery, this means giving children time to share what they think, offering simple choices where appropriate, and encouraging them to use words, gestures or drawings to communicate. This helps children feel valued, confident and secure as they settle into their groups and daily routines.

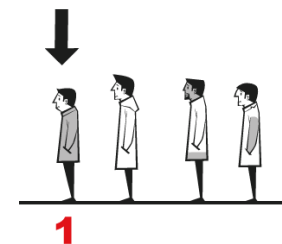
Article 12

Children have the right to give their opinions freely on issues that affect them. Adults should listen and take children seriously.

Our Concept Cat signs of the fortnight are:



Hard



First

Let's Go Green – family tips



We engage children in early education on environmental issues and sustainable community habits. Follow our tips to support home-school links to taking positive action for a greener world and reducing our carbon footprint. THIS WEEK'S GREEN LIVING TIP IS:

Take part in 'Walk & Wheel Wednesday'. Please try to travel to school on foot (or scooter/bike) every WEDNESDAY. If you drive to Gracelands - where you are able to - please consider parking further away and walking the last part of the journey to contribute to cleaner air and enable participation in some form for all children.

Nursery practitioners will be discussing how we all travelled to school on Wednesday mornings and afternoons. We'll talk about the environmental benefits of walking/using the car less, as well as how it makes us feel, linking to Startwell's '180 Katie'!

