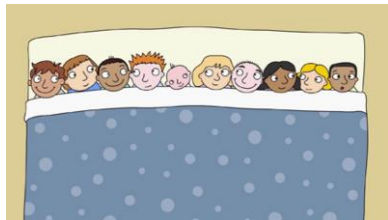


Dear Parents and Carers,

Our rhyme of the fortnight is:
Ten in a Bed



There were ten in a bed
And the little one said, "Roll over, roll over!"
So they all rolled over and one fell out!

9

There were nine in a bed
And the little one said, "Roll over, roll over!"
So the all rolled over and one fell out!

8

(Repeat counting down 7,6,5,4,3,2,1,0)

What to do at home together:

- Act out the nursery rhyme together using actions or toys.
- You can sing starting from 5 if that suits your child better.
- Use toys or household items (for example wooden spoon or brush) and sing the song with the items all falling out one by one.
- Watch the video below and sing the rhyme together

<https://www.youtube.com/watch?v=BZr6fNsmB8U>

Dear Parents and Carers,

Our rhyme of the fortnight is:
Head, shoulders, knees and toes



Head, shoulders, knees and toes,
Knees and toes.

Head, shoulders, knees and toes,
Knees and toes.

And eyes, and ears, and mouth,
And nose.

Head, shoulders, knees and toes,
Knees and toes.

*Place both hands on parts of body as they are mentioned.
On the second time, speed up. Get faster with each verse.
You can also play around with different voices for the song -
sing it loudly, sing it quietly, sing it with a gruff voice, or a fairy
voice, etc.*

What to do at home together:

- Talk to your child about their body parts and how we can move them - get physical, marching/clapping and rolling
- Watch the video below and sing the rhyme together

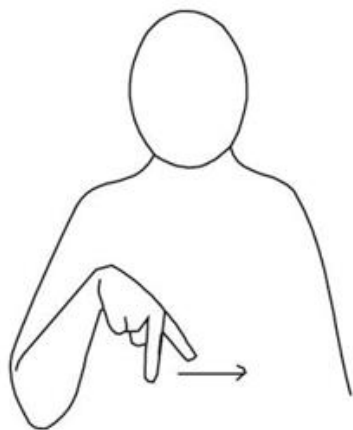
<https://www.youtube.com/watch?v=DSWQhuL7kwE>

Our Makaton signs of the fortnight are:



To Run

Run



walk

(Always remember to say the word as your sign)

Our Rights of the fortnight are:

Article 27

Children have the right to food, clothing and a safe place to live so they can develop in the best possible way. The government should help families and children who cannot afford this.

Article 6

Children have the right to their own identity