



Academy Day Nursery (Nottingham) Ltd, Bestwood Park Drive West, Rise Park, Nottingham, NG5 5EJ

Dear parents

Parents/carers and children,

Hope you are all well and continuing to keep yourselves safe following the government announcement RE- Covid 19. We remain temporarily closed until further notice. However, we will be doing our very best, to keep in touch and support you wherever we can.

Please see below a daily routine you may want to do with your child and some links to a few useful sites about the coronavirus and children's activities

Google

Video/information on how to talk to your children about the coronavirus.

<https://childmind.org/article/talking-to-kids-about-the-coronavirus>

YouTube

This video is a carton format explaining to children what it is and how to protect themselves.

Coronavirus Outbreak | How to protect yourself | Kids Learning Cartoon | Dr. Panda
TotoTime,

<https://www.youtube.com/watch?v=PkUICIFE45M>

9.30-10.00 registration

This will include:

Days of the week

Months of the year

Our colours/ rainbow song

ABC's the alphabet song

Numbers 1-20, 1-30 or 1-50 depending on age.

What is the weather like today, cold/ wet/ rainy etc?

Letter of the week, choose a letter to focus on during the week and find things around the house beginning with that letter.

10:00- 10:15 sing song time jolly phonics

<https://www.youtube.com/watch?v=U2HYM9VXz9k>

10:15-10:30 Snack time please see our Menu on our website for ideas.

10.30-11:00- focus activity writing the letter you have chosen for your child to learn that week. (Always be asking your child, open ended question for example “what begins with this letter?”).

Creative activities- please see below.

11:00-11.30 during this time your child would be outside or doing a physical activity. Here is an exercise video for children to follow.

https://www.youtube.com/watch?v=3_oIssULEk0

11:30-11:45 washing hands and sitting down preparing for lunch.

11.45-12.30 lunch time please see our food menu for ideas on our website.

12.30-12.45 story time i.e. “The Gruffalo or own choice.

12.45-1:00 Recap of the morning what have we learnt today.

1:00-1:30 Free play

1:30-2:00 Maths activity, shapes colours matching numbers to quantity

2:00-2:15 afternoon sack

2:15-2:45 sensory activity for example jelly making

This is just a reminder that the government has asked us to keep washing our hands regularly. Please ensure your children are washing their hands often throughout the day, they have recommended singing Happy Birthday times two, as this should equal to over 20 seconds which is the recommended time.

Also, make sure you and your child are drinking water every 15mins to avoid COVID -19 getting into your lungs.

Activities

Playdough – this can be made by using water, salt, oil and flour (food colouring to make different colour dough.

Making jelly.

Sand- (you can try ordering online from Argos)

Painting, mixing colours to see what colour they make, for example blue and

Mood sand- flour add little bit of oil

Rice play –food colouring die it.

Ice cubes sensory or jelly

Baking

Writing dot letters and words for them to copy or go round, encourage them to hold the pen/pencil and the bottom.