

Nursery Remote Learning Make Your Own Parachute



You will need

A large bed sheet

What to do

Play a variety of games ...**Popcorn:** Place a number of beanbags, small balls, or cotton balls onto the sheet. Shake to make them pop up like "popcorn".**Making Waves:** Children can make small, medium, or large movements to make various types of "waves." You can incorporate a story about a ship on the sea, weather, etc.

Mushroom: Standing, lift the sheet waist height. Count to three - with "one" and "two" being small practice lifts. On three, all lift the sheet overhead, and crouch down pulling the sheets edges down as well. This creates what looks like a "mushroom."