



This Week

## Our Learning

9.02.24

We have been practising our deep breathing techniques as a way of calming our 'guard dog' (amygdala) when we get scared or upset. We have been blowing through a straw into a cup of water, breathing in through our noses and out through our mouths to produce bubbles!

Continuing on from our Goldilocks 'helicopter stories' this week, the children have been retelling the familiar story using hand actions and facial expressions. We have also been remembering our story language of 'character', 'setting', 'problem' and 'solution'. In their sketchbooks, the children drew a story map of Goldilocks and the Three Bears, remembering this story language.

We have been continuing to have fun with rhyme and have been exploring a variety of rhyming strings such as 'hat, cat, mat, bat, sat'. The children have been encouraged to make up their own nonsense rhymes and we have been experimenting with what rhymes with their names! When singing Nursery Rhymes we have been pointing out the 'rhyming pairs' of words.



## Next Week

After Half Term, we will be going for a nature walk around our Nursery garden to look for signs of Spring! We will be discussing the change of seasons and developing the children's understanding of Spring. The children will be encouraged to draw, mark-make and list what they see and hear in the outdoor environment. We will also be making some 'silly soup' to help us further our knowledge of rhyming and develop the children's listening skills.

We will introduce our 'Tinker Tray' which is full of nuts, bolts, screws, hinges and tools for the children to explore and use their hands to turn, push, twist and pick up the small parts, strengthening their fine-motor muscles and developing their hand-eye co-ordination.



## At home

Look for signs of Spring when out and about or in the garden. Noticing changes in the temperature and environment gives the children an understanding of their world and their part within it.

Ask your child about their knowledge of their brains; they have been fascinated to learn about the different parts and their purpose. This knowledge gives valuable understanding of meta-cognition and how we learn.

