



Our Learning



Weekly update 9th-13th December

We have continued this week with more Christmas activities including our visit from Santa Claus himself on Wednesday when he came with his magical grotto and some of his animals. It was wonderful to see so many excited children who communicated their Christmas wishes beautifully. They were so excited to open the lovely present Santa gave them and proudly put them away safely in their book bags to take home to share with family.

When Lucy visited this week, she brought a book called “Geoffrey gets the Jitters” by Nadia Shireen, for us to read and discuss. It started one night when Geoffrey had a funny, wiggly feeling in his tummy that grew and grew. But when Geoffrey’s tummy jitters started talking to him, he knew they were out of control. Geoffrey had to do something. Recognising and labelling emotions is an important step in helping the children start to self-regulate. The story goes on to provide fun and simple strategies which we can all use to help us manage our emotions. We use many of the strategies from the book to support the children including supporting the children to talk about their jitters. One of the ways we encourage this is by introducing a jitter jar where the children can take a jitter, label it and then then pop it in the magic jar to help it disappear just like Geoffrey’s did. Other strategies which we encourage the children to use include taking deep breaths and doing some stretches.



Key Words:

Remember

Sort

Holiday

Exercise

Next Week: 16th- 20th December

We will be creating another Tales Toolkit story with the children. They will be able to use all knowledge they have gained so far this year to create a festive story with seasonal characters. We have been really impressed with their story telling so far and are looking forward to seeing what they come up with next week!

Don't forget **Wednesday 18th December is our Christmas Create and Celebration day.** Parents are invited to join us during these sessions at either **11:00–11:40am** or **12:30–1:00pm**. Thank you for being part of this magical time of year and we look forward to creating even more festive memories with you all.

Please remember nursery finishes on Friday 20th December at 11:45, there will be no lunch or afternoon session on that day.

At home...

- Help your child to continue to explore their feelings and emotions - Make a sensory sock. Fill an old sock with something soft. You could use bubble wrap, foam packaging, a washing up or shower sponge, rolled up socks or scrunched up wrapping paper. Tie a knot in the top of the sock or use a hair bobble or elastic band to keep the contents in. The sock can be squeezed and released in a rhythm to help your child relax. If your little one is feeling anxious, scared or sad, like Geoffrey in our story, there are lots of different ways you can help them feel better.
- Take and send us a photo of your child reading the book Santa gave them when he visited. Watch Jo Jo and Gran Gran: It's Time for Christmas, where Jo Jo learns lots about Christmas Trees! A link can be found [here](#).