



Our Learning



This Week

Monday 26th January to Friday 30th January

We have continued to talk about our feelings, recognising and naming our emotions. We have extended this learning to link our feelings to the colours blue and green. The green zone is where we want to be - content, calm and ready to learn. The blue zone describes feeling such as frustration, over excitement and anxiety. We are teaching our children to start to recognise these feelings and find what works to get us back in the green zone. Yoga is a great way to do this! It's a wonderful skill to learn to calm our senses.

The ZONES of Regulation



Healthy Teeth!

We wanted to let you know that children's bottles from home must contain only water. At Pre-Nursery, we provide milk and water, following research showing that juice can harm children's dental health.



Dates for your diaries...

Friday 13th February - Break up for half term holidays

Monday 23rd February - All children return to Nursery.

Friday 27th March - Break up for the Easter holidays. Nursery closes at 11:45 am

At Home

Try practising Yoga at home! Cosmic Kids has some great videos to teach children some yoga moves. Please be aware that it's advert free for two weeks, then you can get the videos on Youtube but be mindful of the adverts.

<https://cosmickids.com/>

