



Our Learning



This Week

Monday 5th October – Friday 9th October 2026

This week we have been exploring another exciting collection. This time it was 'buttons' of all shapes, sizes and colours. The children enjoyed making their own collections and it was lovely to hear them talk about what they had found; "I've got tiny ones" and "look all red." It also gave us the opportunity to model and explain the words 'more' and 'few.'

We have also been learning about naming our feelings and emotions using the 'Zones of Regulation' and learning about the 'green zone.'

The 'Zones of Regulation' are a simple and engaging way we help the children learn about their feelings and how to manage them. Through stories, visuals and teacher led Group Times we explore four colour zones—blue, green, yellow, and red—that represent different emotions like sadness, calm, excitement, or anger. This helps the children begin to recognise how they feel and learn gentle strategies to feel safe, calm and ready to learn.

The children have started to notice signs of Autumn in our Nursery garden. They have really enjoyed discovering what happens when you throw sycamore seeds up in the air and observing them as the whirl and twirl back down to the ground.



Next Week

Monday 12th October - Friday 16th October

During group time the children will be encouraged to use mark making materials to make a self-portrait picture.

We will continue to build on the children's understanding of the 'Zones of Regulation,' looking at how we feel when we are in the 'blue zone.'

At Home

- Perhaps you could go for an Autumn walk, looking for signs of seasonal change e.g. the colours of the leaves on the trees, finding conkers or sycamore seeds, you might even find a spiders web in the morning dew.
- Maybe you could make collections with the natural objects you find.
- If you do find any conkers, we would appreciate you bringing them into Nursery for us to use for different activities. Thank you.
- Our key words for next week are: **pattern, tired, listen, self-portrait, 'I do, we do, you do.'**