In Nursery the Sunflower group have been showing an interest in Autumn and seasonal changes. Here are some ideas for you to try at home.....



Take a look outside your window with your child and comment on the weather. What clothes do you think you need to wear? Is it raining/cold? Do you need wellies or to wrap up warm?

To help your child become more independent in their self-help skills, maybe you could encourage them and support them to practise taking shoes/wellies on/off, or getting their coat on and off.

Take a look outside.....



Maybe you could make some binoculars out of kitchen rolls and use these to look outside. Talk about the things you can see in your garden or street. Can you see any birds? Count cars or vehicles? What colours do you see? How many people can you count?



<u>Draw a picture</u> This activity supports mark-making

Take inspiration from looking of the out window and let your child draw what they see. Encourage you child to share what they are seeing and drawing and make meaningful their connections to environment.



This time of year is getting colder and we have started to notice the wildlife in our Nursery garden and ways in which we can help them. Perhaps you could try some of these activities and help look after any wildlife in your garden or just for a bit of fun?

<u>Threading</u> This activity is great for supporting fine motor development





<u>Sensory play</u> This activity is great for getting messy and developing language



To support the local wildlife in your garden you could create some bird feeders. This could be done by threading cereal hoops onto string or pipe cleaners. These can be hung in various parts of your garden. I wonder who will come to eat from them?

Help your child to recognise which is the longest or shortest length. Together you could make shapes and hang them in various parts of the garden. Cut a large orange in half and let your child scoop out the flesh with their hands or a spoon (this is the yummy part!). In another bowl you can add bird seed and mix it with some lard or coconut oil. Don't worry if you don't have any bird seed you could use any dried fruit you may have in your cupboard, grated apple or carrot, porridge oats, nuts and seeds. Let your child combine all the ingredients with their hands. Let them squash and squeeze everything together. Talk with your child about the sights, smells and how the mixture feels.



<u>Counting and colour matching</u> This activity supports counting in order and recognising amounts



With your child, you could make an edible nest using cereals such as rice krispies, shredded wheat or weetabix, combined with melted chocolate. Once set you could fill them with grapes, jelly beans, or colourful sweets. From this you could help your child sort colours, count how many is in each nest, how many pink, blue, red there are. You could even make colour patterns. See if your child can guess which nest has the most or least amount in or which is the biggest or smallest nest. The best part of this activity, is that you get to eat your tasty treat when your done!

<u>Pizza or Monster Faces</u> This activity supports Personal, Social, Emotional development

Involve your child in making their own snack, let them use tools and utensils and show them how to use them safely. This is another way you can support their self-help skills and independence. It could also be a way of introducing new foods and texture for your child to try.





*you could also use this activity to support number development by creating patterns with fruit or vegetables. You could even count out amounts (two eyes, one nose etc)



<u>Nest building</u> This activity supports physical development

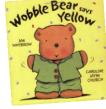


Why not build a nest or cosy den where you can share a story of two with your child. Some of the stories we have been looking at in Nursery are.....

*Owl Babies by Martin Waddell *Wow said the Owl by Tim Hopgood *The Three Little Pigs *Wobble Bear says Yellow by Ian Whybrow (some of these stories can be found on Youtube) Read with your child using their favourite book. Encourage your child to comment on their favourite parts of the story or join in with repeated words or phrases. Use their favourite teddy or toys to retell the story.







Why not have a snack that you've both made together in the cosy nest or den?

Have a tea party or picnic and invite your child's favourite toys. This is a lovely way to introduce sharing and turn-taking



Scavenger Hunt



Go on a colour hunt around the house. Use this fun opportunity to help your child develop their awareness of number. Challenge your child to find two red items or three yellow items. Start of with counting smaller amounts such as 1-5, then 1-10 and if your child is ready, continue to count on beyond 10. Songs and Rhymes This activity supports number and language development

*Twinkle, Twinkle little star,
*I can sing a rainbow
*Five little owls
*Two little dickie birds
*One little man in flying saucer

Squiggle movement

This activity supports physical development

Give your child some material or a small scarf and use it to create big movements with their arms to the music. Encourage up and down waving movements, side to side and circular moves. https://www.youtube.com/watch?v=ptF AL-eSvxU



5 Little Owls-Fingerplay 5 little owls on a moonlit night 5 little owls are quite a sight. 5 little owls Are you keeping score? One flew away! And then there were 4. 4 little owls Happy as can be, One flew away! Then there were 3. 3 little owls Calling "Whoo! Whoo!" One flew away! And that left two. 2 little owls having lots of fun. One flew away! And that left 1. 1 little owl We are almost done. He flew away! And that leaves none