

Week 5 - Farm animals, feelings, and food!



Hello, how are you? A question we must all ask ourselves daily and make sure we practice some self-care on the good days, but even more so on the challenging ones. We have been in this latest lockdown for over 6 weeks and like many I long to see my family and friends and remain hopeful that 'normality' will resume soon and reward us all for enduring all of the guidelines we are living under at present. You are all doing a wonderful job juggling the pressures and demands of running a home, supporting a family, and working and home-schooling older children, etc. This is something Boris Johnson wrote about in his open letter to parents published over the weekend, so keep up the great work!

While we can process our emotions and can see a bright horizon, (even if quite a way out at sea!), young children in particular struggle to express their feelings and can present as being extra tearful, withdrawn or on the opposite end of the scale, hyperactive and restless. They too will be missing their friends and family members, maybe timetabled events such as swimming or gym classes, soft play, and music groups. It is important to speak to your child about their emotions in an age-appropriate manner, keeping it simple for 2-year-olds i.e., 'today I feel happy/sad because...' use a simple happy and sad face to help them clarify the emotion. For older pre-schoolers you can talk about extended emotions/feelings i.e., tired, excited, worried, cross, surprised, etc. again linking to why they feel that way (some visuals attached to support this at home).

If you are finding everything is becoming a bit overwhelming, please reach out to one of us or a family member or friend who can offer you moral support; to excuse the cliché, it really is good to talk. External agencies that can offer specific help include, [Mind](#) and [CAMHS](#), general family advice and support can be found via [Family Lives](#) or [BBC's Tiny Happy People](#).

I am sure many of you have embraced technology as a means of catching up with friends and family, this is a great way to keep in touch, even if it's just you are having a chat with a relative or friend and your child pops up every now and again to say hi. My nieces

who are 18months and 7years have been dancing to their favourite music when my sister has called me and enjoyed the applause and Auntie Kirsty dancing back! We have also played a game of 'I spy' and sang songs together, its five minutes of chaos that brings a smile every week.

On the farm!

This week in pre-school we are talking all about farm animals: We will be talking about their homes i.e., stables, barns, nest boxes, etc. and the products they produce. This will be extended onto 'where does our food come from' helping the children understand that we grow crops like wheat to make bread, pineapples, and banana's grow on trees in hot countries and milk comes from cows before it goes to Tesco! Some links to support learning at home:

- [Storytime with Jonny and Jelly](#) – all about the journey milk goes on to get to our tables.
- [Tractor Ted - Activities](#)
- [Tractor Ted- Watch on YouTube](#)

You will also find some farm themed activities attached.

On the topic of food....

Our diet plays a vital part in maintaining a healthy lifestyle; research has shown that good habits established in children under 5 in many areas including a good attitude towards food and a varied diet instil good habits for life. In addition to [The Eatwell Guide](#) produced by the NHS, which outlines different food groups and how to create balanced meals, there are some specific guidelines for children from the British Nutrition Foundation.

- [Healthy eating for children](#)
- [Portion size \(1-4-year-olds\)](#)
- [Learning to love vegetables!](#)
- [Feeding your pre-school child](#)

Keeping active is a great way to keep busy and help your child's gross motor skills develop; these movements help your child refine their movements ready for fine motor work in readiness for writing. Going out for a walk, jog or cycle or scoot around your local area is a great way to keep the whole family moving and healthy. You can find some activity ideas at [Change 4 Life](#). We also love hearing of

the inventive ways you are having been keeping active at home; last week one of our families hosted a 'living room Olympics' where members of the household had taken their turn in the activities on offer before crowning a winner for each one.

We have had some fantastic photo's in already for this fortnights '**make and do' challenge**' and can't wait to see what other yummy things you have to offer! The current challenge is to make something animal themed in the kitchen! What will your budding mini chefs create? Maybe it will be spider pizza, sheep cupcakes, zoo animal iced biscuits, hedgehog bread rolls or crab croissants – there are lots of [ideas online](#) if you need some inspiration.

Once complete please send a photograph of your child with their creation/s to

littleoakspreschool@yahoo.co.uk by lunchtime on Friday 5th February, this week!

There will be virtual certificates for all entries, and we would love to include these photographs in your child's learning journey books, thank-you Debbie!

Extra links/activities you may like:

- [Hand Talking - stories signed using BSL](#), read by a lovely local lady called Marie.
- [Hungry Little Minds](#) – Debbie has sent you a separate email with more information on 31/1/21.
- [Life cycle of a Butterfly - photos](#) and a [video of a butterfly hatching!](#)
- [Top tips for improving listening and attention](#)
- [Little Learners Facebook page](#)
- [CBeebies](#)
- [Zumba for Kids](#)
- [BBC Teach - Nursery Rhymes](#)

Please do not forget our door is always open, please reach out if you need any support or advice.

Take care and stay well!

Kirsty



Craft Instructions

Paper Plate Sheep

Supplies

- Paper plate
- Cotton wool balls
- PVA glue
- Paintbrush or glue spreader
- Black card
- Googly eyes
- Scissors



- Pencil
- White coloured pencil



1 First, use a white coloured pencil to draw a head, four legs and a tail for your sheep onto black card.



5 Begin sticking the cotton wool balls onto the sticky plate! Try to cover the whole plate with cotton wool, then allow to dry.



2 Next, use scissors to carefully cut out the different pieces.



4 Now you can decorate your sheep's face. Begin by sticking on two googly eyes. Then use the white coloured pencil to draw on a nose and mouth.



3 Now flip the plate over so that it is upside down. Then, carefully put a little glue onto the ends of the legs and stick them at the bottom of the plate. Also stick the tail onto one side of the plate. Leave to dry.



7 Finally stick the face onto the cotton wool balls, at the opposite end to where the sheep's tail is. Allow to dry and you should have a lovely paper plate sheep!



4 Next, flip the plate over again so that it is the right way up. Now spread some glue all over the surface of the plate.



Craft Instructions

Handprint Pig

Supplies

- A4 paper
- Pink paint
- Shallow tray / paper plate
- Paintbrush
- Black felt tip pen
- Scissors



1 First, spread some pink paint into the tray or plate.



4 Once dry, turn the print so that the fingers are at the bottom. Use the black pen to draw a face and ears onto your pig's head. You could use googly eyes to make your pig cute and fun! Colour the remaining four fingertip prints black for your pig's trotters.



2 Next, carefully press your hand into some paint, you may want to use the paintbrush to spread the paint all over your palm. Then gently press your hand onto the piece of paper. Your thumb and fingers need to be spread out!



5 To finish off your pig, draw a curly line onto your thumbprint for your pig's curly tail!



3 Now make the pig's head! To do this, make a fist with your hand, curling your thumb around the outside. Dip this part of your hand into the pink paint and press onto the paper next to your handprint, opposite your thumbprint.



6 Finally, cut around your finished handprint pig!

How Am I Feeling Today? Emotions Cards

Use these cards with the [How Am I Feeling? Emotions Chart](#)



happy



sad



worried



scared



angry



nervous

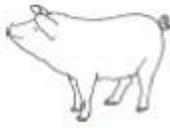


bored

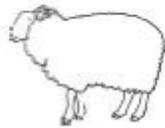


tired

Farm Words



Pig



Sheep



Duck



Chicken



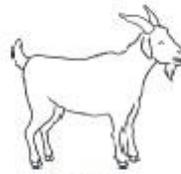
Farmer



Tractor



Farm Words



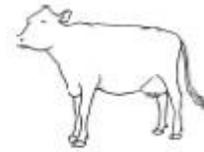
Goat



Sheepdog



Goose



Cow



Horse



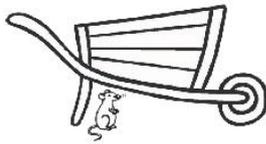
Haystack



Farm Colour the Prepositions

Colour in what is:

under



behind



in front



on



Craft Instructions

Handprint Chicken with Chicks

Supplies

- White, orange, red, yellow and green paint
- Blue card
- Black, red, orange and green felt tips
- Paint brushes
- Paint pots

- 1 Use your finger dipped in green paint to print a line of grass along the bottom of the card.
- 2 Use white paint to print a handprint with the fingers facing upwards and thumb on the left just above the grass line. Then leave to dry.
- 3 Paint your thumb with yellow paint, then print three or four thumbprints spread out along the grass. This will create the body for the chicks.
- 4 Paint your index finger with yellow paint and print just above each thumbprint to create the chick's heads.
- 5 Add a few overlapping fingerprints in yellow and red in the middle of the palm print to create a wing for the chicken, leave to dry.
- 6 Draw eyes and beaks on the chicks using a black felt tip pen.
- 7 Using red and orange felt pens draw a comb on the hen as well as eyes and a beak.

