

## HOME LEARNING ACTIVITIES AND IDEAS WEEK 2

### JOIN IN WITH JUDIT'S ZOOM ACTIVE ED SESSION.

Judit would love you to join in with the Active Ed Live sessions she is now running on Zoom. They are becoming very popular with our St Nicholas' School community, with more and more students (and parents!) joining in the fun! Please see the attachment with this week's email I have sent you for Judit's Active Ed Live timetable or visit our website.

### MAKE A TRIP IN THE GARDEN OR A LOCAL WALK INTO A LEARNING EXPERIENCE!

If you are out in the garden **talk** with your child about the things you can see and hear in the garden.

- Listen to bird song, wind chimes, leaves rustling.
- Smell herbs and strong smelling plants or flowers
- Watch a coloured windmill spin, bubbles blow, or feel fabric move in the wind
- Plant seeds e.g. a sunflower, feeling the pot, soil, water etc.
- Go on a rainbow hunt – try to find all the colours of the rainbow in the garden or on a local walk e.g. a yellow daffodil, green grass, blue bluebell etc.

### MAKE A RAINBOW

As rainbows have become the symbol of hope during this time, perhaps your child would like to join in and create their own rainbows. There are lots of lovely ideas that can be found on the internet. Here are some that I thought might be fun. If it's a warm day, you could even paint outside.

For those who prefer no mess art, then Rainbow in a Bag is a great sensory activity. All you need is a sealable zippy bag, paints and paper. Put the paper in the bag, put some blobs of different coloured paints on the paper at the bottom of the bag, seal the bag and let your child play! Watch the paint spread.

<https://www.powerfulmothering.com/rainbow-in-a-bag-no-mess-art/>



Some great messy art activities include Rainbow Handprints. Paint the colours of the rainbow on your child's hand or foot and print several times on a piece of paper to create a rainbow shape.

<https://kidscraftroom.com/handprint-rainbow-painting/>

Another fun but messy sensory experience is to create a shaving foam marble rainbow. Squirt shaving foam onto a piece of paper in a tray, put blobs of paint on top, use a blunt knife to create a marble effect and then use a ruler to scrape off the shaving foam. You should be left with a lovely marbled effect on the paper.

<https://www.naturalbeachliving.com/rainbow-art-for-kids/>

If your child does make a rainbow either using one of these ideas or your own, we would love to see them so please send us a photo!

WHATEVER YOU DO WITH YOUR CHILD, KEEP IT SHORT AND SIMPLE AND MAKE SURE YOU HAVE SOME FUN!