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Using shape language such as rectangle and oval create a super cute Humpty Dumpty with concertina legs and a brick wall. Sing the song as you go along!

When children move to music and rhymes, they are getting so much more than just exercise. They are also developing their coordination, balance, concentration and cognitive abilities.

### Benefits for the Brain

By practicing coordinated movement to music, they will develop parts of the brain that will help them to speak, read, write and play instruments. But the best part is that these activities also bring such a great deal of enjoyment!

### 10 Action Songs to get you and your children moving

**Head Shoulders Knees and Toes**

**Sleeping Bunnies**

**If you're Happy and you know it**

**Wheels on the Bus**

**Five little Speckled Frogs**

**Five Little Monkeys**

**One finger one thumb**

**Row row row your boat**

**Ring a Ring O Rosies**

**The Grand old Duke of York**



### Play ideas to encourage pre-schooler emotions

Playing with you and with other children helps pre-schoolers explore and understand their feelings. Here are some play tips for you and your child:

- Give your child opportunities for messy play, like playing with sand, mud or paints. This is a great way for children to express feelings like happiness or sadness.
- Take your child outside to play in a park or open area with space for running, tumbling and rolling. This can help your child let out emotions.
- Encourage your child to paint and draw as a way of expressing emotions. Painting and drawing can soothe and calm your child if they're frustrated or sad.
- Encourage your child to jump around and 'act out' music or make music with simple instruments.
- Give your child chances to play with children of all ages and abilities. By playing with other children, your child can learn how to understand and manage emotions.
- Read stories that feature characters who are experiencing similar situations and emotions to your child. This can help your child understand new emotions like grief about a pet's death or worry about starting school.

