



Five Ways Primary School

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Hello everyone!

We hope you are all well and that you have been enjoying your time with family.

The grown-ups hope you have had lots of fun blowing bubbles in the sunshine and are very much looking forwards to our upcoming Zoom catch-up meetings. Meetings are being held in small groups and you will soon be sent an invitation to join us and your friends via email.

Below you will find this week's activities. Remember, short, focussed activities are how I learn best, and its ok to take breaks if you need to. Please send any photographs to nurseryphotographs@fiveways.staffs.sch.uk as we would love to display the lovely things you are doing at home in our online gallery.

The Nursery staff continues to wish you and your family all the best during these strange times and would like you to know that we miss you very much!

Miss Grice, Mrs Clark, Mrs Fereday, Mrs Wright and Mrs Rock

Create a treasure hunt. Ask an adult to hide a series of toys and treasures in your home or garden and then see if you can find all of the hiding places. Can you talk to your grown-up about the treasures you have found, naming them and talking about memories you have that link to them.

Practise your cutting skills by snipping and cutting basic lines and curves. Can you make an image out of the pieces you have cut out?

Continue to recap the Jolly Phonics videos made by St. Julian's school on YouTube. If you feel ready, you can extend this by watching and joining in with Here are some games that you can use to support the teaching of Phase 2 at home: <https://www.phonicsplay.co.uk/Phase2Menu.htm>

Help me explore sharing at meal times. As I cut my food what has happened to it? How many of something do I have now? What will happen if I cut it again?

Help me explore my environment by playing 'I Spy' whilst walking outside. This could be in the garden, your street or on a longer walk to a nature spot.

Weekly Project:

We are continuing to focus on how we look after ourselves when we feel stressed, scared or frustrated. Change is really hard and it can make you feel a little bit wobbly. Each week we will be making something to add to our very own 'self-care kit'. The kit will have lots of different things inside to help us feel less wobbly. The next object we are going to make is a 'mindfulness wand' that helps us focus on our breathing. When we breathe slowly and deeply, we send a message to our brain that we are calm, and safe. And so our brain feels calm and safe.

For this you will need two empty toilet rolls, strips of ribbon or thin paper and paint/decorations.

Here are some steps to help you complete this craft:

- 1) Ask your grown-up to help you cut a small section from one end of a toilet roll. This will make the hoop for you to breathe into.



- 2) Using scissors, cut strips of ribbon or paper that are no longer than your hand and no thicker than your finger.
- 3) Using sticky tape or glue, attach the strips to the inside of your hoop.
- 4) Using tape or glue, stick the long tubes together to make the handle for your wand.
- 5) Attach the hoop on its side to the top of your handle.
- 6) Decorate your wand in any way you would like to.
- 7) When you feel a little wobbly, breathe into the wand slowly and deeply and watch the ribbons dance.

We would love to see pictures of you practising your breathing techniques!

