



Bedford
Nursery Schools
Federation

@HOME with Bedford Nursery Schools **H**ands **O**n **M**eaningful **E**xperiences

Autumn Festivals and Celebrations



We have created this collection of **H****O****M****E** learning suggestions to offer you support in providing 'Hands **O**n **M**eaningful **E**xperiences' for your child.

Bold **N**urturing **S**triving **F**earless

Introduction

Welcome to our second home learning booklet.

In this booklet we are concentrating on the Festivals and Celebrations that occur in the Autumn. These include, Diwali, Bonfire Night, Harvest and Christmas (there will be a separate flyer with Christmas ideas).

The suggestions in this booklet are linked to the festivals and celebrations that we will hold in school and the activities are similar to what has been planned for children in the nursery schools. Activities are listed under each area of learning from the Early Years Foundation Stage along with a brief explanation of some of the skills which will develop through this approach to home learning.

When you do the activities in this booklet please do share your learning with us.

We really want to see what you have been doing at home:

Email us on: homelearning@bedfordnurseryschools.com with your pictures or home videos of what you have been making, cooking and learning.

We look forward to seeing your activities.

Contents:

- Personal Social and Emotional Development
 - Communication and Language
 - Physical Development
 - Literacy
 - Maths
 - Understanding the World
 - Expressive Arts and Design
 - Recommended Stories
 - Recipes

Personal, Social and Emotional Development

Children's personal, social emotional development is the foundation for all their future learning. Developing strong attachments, making friends and having the confidence to try new things are key life skills.

Share photographs from a day out

Take photographs together when you're out, look for different plants and animals on a walk to the park or the river, or even a relaxed walk to the shops, and look back at them together. Talk about the day, what you saw and heard, what you could smell, where you were, what happened, etc.



Listen

Listen to whatever your child wants to talk about, take five or ten minutes to sit with them to chat, especially if they are worried about something. Even if it seems really tiny, it can mean a lot to your child to know you are there for them and they have you to listen to them. Let them know you accept their emotions.

Let's pretend

Use your imagination to encourage your child to join in with you as you engage in pretend play. You can use items from around your home to support your play, an empty box may become a rocket to fly to the moon and your cushions could become the seats on a bus.



Feelings

Use a mirror to make different facial expressions. Use this as a starting point to talk about different feelings and emotions, such as sad, happy, cross, scared, worried.

Communication and Language

There are lots of ways that you can support the development of your child's communication skills. Having fun with your child is a really helpful way of encouraging them to talk and pay attention. Try having time with them every day without any background noise (e.g. TV) and try modelling correct speech rather than correcting their mistakes. Playing and having time together is really important, and you can use any toys or games that you have already at home.

Messy Play

Messy play helps with sensory exploration and can be used to develop language skills. Things like water play, sand play, chalk boards, finger painting and playdough all help children to develop their awareness of different sensations and can be used to talk about actions e.g. pour, squash, squeeze, pull, rub, as well as describing different colours and textures.



Rangoli Patterns

When we celebrate Diwali—the Festival of Light we often make rangoli patterns with the children. In nursery we use coloured rice, but you can make rangoli with anything you like. Can you make Rangoli patterns with what you have found? Talk about the shapes, and how they feel. Ask your children about what they notice and go with what they are interested in.



If you would like to talk more about Diwali and Rangoli with your child, have a look at this link <https://www.bbc.co.uk/cbeebies/watch/lets-celebrate-diwali>

Rhyming and Singing is an important part of your child's developing Language

Five Little Fireworks in the Sky
(To the tune of 5 little men in a flying saucer)
Five little fireworks in the sky,
Whizzing, zooming, flying high,
When it's time for one to stop,
It crackles and fizzles and then goes POP!
Repeat with 4, 3, 2 and 1



Above all, have fun talking together!
Bold Nurturing Striving Fearless

Physical Development

An important part of physical development in young children is for them to be able to move freely in a range of ways with pleasure and confidence.

This clip will introduce a range of new movements for you and your child to enjoy, dancing to Diwali music.

<https://www.youtube.com/watch?v=VmyalShkAz0>

Follow these moves:



•Now can you make up your own moves to some traditional Diwali moves?

•If possible, record the dancing (on a phone) and watch it back together. You can help your child to plan their next dance by talking about the movements they made, e.g. "You were spinning then jumping from side to side". "You stretched your arms out wide then clapped above your head". What will you do in your next dance?

Noticing changes in their body is also important for your child's development.

•Talk about how your child feels after dancing? Is their heart beating fast, are they getting hot?

•What other exercise can they do to feel like that?

•Talk to your child about cooling down after their dancing, having a drink of water and staying healthy.

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## Fine motor and hand-eye co-ordination

Picking up and manipulating small items will help your child develop hand-eye coordination as well as developing a good grip for holding a pencil. You will need tubular pasta, straws, playdough, string (cheerios and spaghetti)

- Thread wide pasta onto straws stuck in playdough.
- Increase the challenge by threading Cheerios onto spaghetti or kebab skewers
- Push string through tubular pasta and create a bracelet or necklace.
- Thread cheerios onto a pipe cleaner
- Poke the pipe cleaners through the holes in a colander



# Literacy

## Mark making

As well as enabling a child to learn to write, making marks can benefit a child physically, and also help to develop their imagination and creative skills. Mark making opens the door for children to express themselves in a completely new way, offering them the opportunity to express their feelings and thoughts without relying solely upon verbal communication

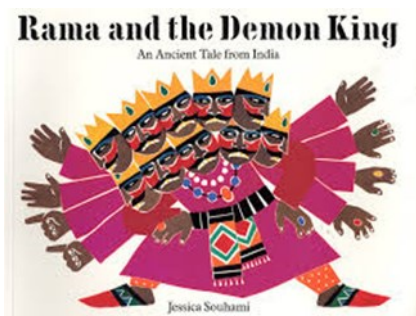
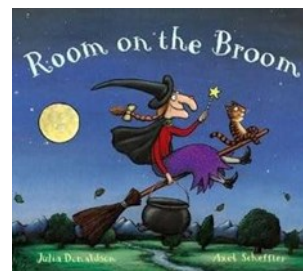
Mark Making – make some dough (see recipe on website) and use it to roll and shape the letters in your name.



## Book sharing

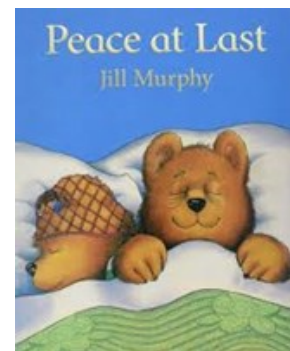
Find a comfy spot to snuggle down together to enjoy a story. Reading stories to your child is a great way to develop your child's vocabulary, listening and attention skills and most importantly a love of reading.

Read or listen to the story of 'Room on a Broom'. Listen out for the rhyming words throughout the story. Make your own potion like the witch and her friends did in the story. What would you choose to put in your potion?



Read or watch the story of 'Rama and Sita' (<https://www.bbc.co.uk/cbeebies/watch/lets-celebrate-diwali>). Retell the story by drawing your own character puppets and attaching them to lolly sticks.

Read the story of 'Peace at Last'. Mr Bear was kept awake throughout the night by lots of different sounds. Go on a sound walk around your home or in your garden. Turn off the tv and put your mobile phone on silent, listen carefully for the different sounds that you can hear around you, for example a dripping tap, an aeroplane in the sky.



Enjoy singing some new Nursery Rhymes and songs using the NLT website -

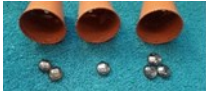
<https://wordsforlife.org.uk/themes/songs-and-rhymes/>

# Mathematics

Support your child to continue developing their skills in noticing things which are different, and things which have stayed the same as they develop their mathematical skills.

## 'Flower Pot' Splat

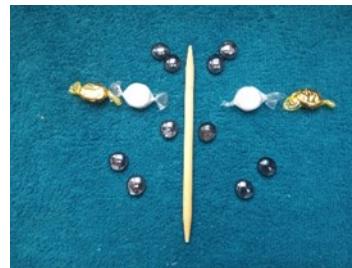
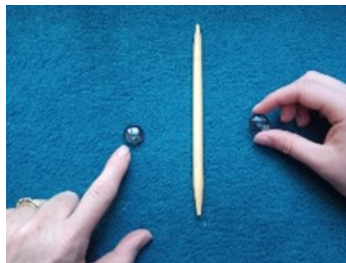
This game helps children to recognise different visual representations of the same amount. You will need: three small plant pots or plastic beakers and three small pieces of paper, beads or sweets.



- Place 2, 1 and 3 objects under each separate pot. Make sure your child can't see what is under the pots!)
- Place another set of 3, 2, 1 objects in front of pots, making sure the pattern of objects is the same.
- Now quickly lift up a pot, and your child has to 'splat' (with their hand) the pattern of objects which match.
- Encourage your child to recognise that pattern of objects is '2' (or 3, or 1).
- Repeat with all three pots.

Rangoli patterns can help children learn about symmetry, where patterns are identical on each side. By working together, you can build a symmetrical pattern.

- Start by placing a line (a pen or a piece of string or knitting needle) on the floor. You place one item on the floor and ask your child to place a matching item on the other side of the line.



Repeat this so that you build up a symmetrical pattern.

When you both think you have finished, stand up together and check that the items on each side of the line are in matching positions (they are symmetrical).

- Next time, see if your child can create their own symmetrical pattern on each side of the line.
- After practising indoors, can your child make a symmetrical pattern with chalks outside?





# Understanding the World

## Make a rainbow

You will need

- A torch
- A clear glass/clear bottle of water
- A mirror
- A white piece of paper



- Place the glass of water on a table.
- Put the torch on, in front of the glass of water.
- Using a mirror on the other side of the glass to catch the torch light, you will need to move the mirror until you can see a rainbow (turn it slowly from side to side).
- Place the piece of paper on the surface to see the rainbow.
- What colours can you see?
- You might like to draw your own rainbow.



## Catch a spider web



It's getting colder now. When the mornings are cold and frosty. Take the opportunity to go outside and see what you can find.

You might see a frozen spider web.

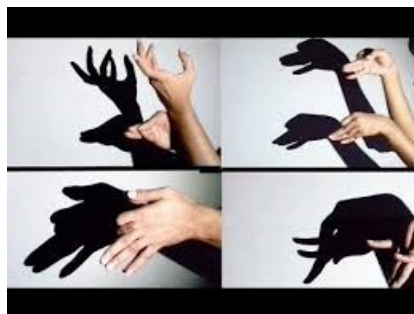
Very carefully use a piece of black paper and place it on the web, see if you can catch it (only if a spider isn't living on it).

Look at the pattern the spider has made.

## Light and Dark and Shadows

You can use a torch to make hand shadows on the walls. Simply turn your torch to face a blank wall and make puppets with your fingers.

Alternatively, make a dark den, hide some small objects in it and let your child use their torch to find them. Put an assortment of textures and colours in and see if they can tell you which objects reflected and shone in the light.





# Expressive Arts and Design

Fireworks are used on many festivals and celebrations now, including Diwali, Bonfire Night, Christmas and New Year. Here is how to make your own safe firework painting.

## **What you will need:**

Several Cardboard tubes from kitchen roll

Scissors

Duct tape (optional)

Different coloured paints

Black or white paper

Assorted glitter

Paper plates



- Stick one or two lengths of duct tape around the cardboard roll (this will strengthen the cardboard and prevent cardboard breaking when coated with paint).
- Cut strips at different lengths in the cardboard roll so that the cardboard will fan out.
- Dip into paint and print on to paper.

To make the fireworks you can:

- Use a bounce and twist motion when printing to create a motion/movement of fireworks.
- Use the long strips first and overlay with other shorter strips of different colours.
- Reverse this by using shorter strips first and overlaying with longer strips.
- Finish off by sprinkling glitter for a sparkly effect.



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## **Leaf printing**

You will need some paint; green, brown, red (try mixing your own colours) smooth stones, leaves and paper.

Go for a walk around your local area and see how many different kinds of leaves you can find that have already fallen from the trees.

Collect them up and bring them home. If they are wet, dry them with a paper towel.

Paint one side of your leaf with your chosen colour and then gently press it onto the paper.

Peel the leaf away carefully and see the pattern that is left behind.

Or you can find some nice smooth stones and make leaf prints on those to put in your garden.

Paint the stone with your favourite colour, paint one side of your leaf then press it onto the stone.

Lift away and see the patterns.



# Recipes

## Yummy Apple Crumble

### Ingredients:

6 cooking apples  
240g granulated sugar  
240g butter  
280g self raising flour



### Equipment:

Ovenproof dish  
Scales  
Fork

- Turn oven on 180c/350/gas mark 5
- Wash your hands.
- Make crumble mix. Put butter and flour into a bowl and rub together with your fingers until it looks like crumbs.
- Add 180g of the sugar.
- Peel, core and slice the apples then the slices of apple into a dish.
- Sprinkle cinnamon (optional) over the apples and add the rest of the sugar.
- Spread the crumble mix evenly over the sliced apples.
- Put in the middle of the oven for 40 minutes.

## Winter biscuits

### Ingredients:

100g soft butter  
50g caster sugar  
175g plain flour  
Vanilla or cinnamon flavouring



### Equipment:

A mixing bowl  
A wooden spoon  
A rolling pin  
Cookie/biscuit cutters

- Preheat the oven to 150 C
- Add butter and sugar in a bowl. Mix well until light and fluffy
- Add vanilla or cinnamon (optional)
- Add the flour and mix well, it will start to form a dough. You can use your hands to bring together.
- Roll out and cut into desired shapes.
- Place on baking sheet and bake in the oven for 25 minutes or until golden brown.

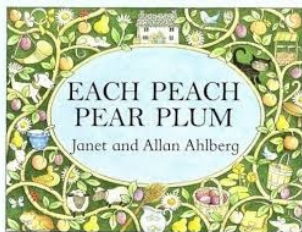
Cooking together stimulates conversation: Here are some suggestions for things to talk about with your child whilst you are cooking and baking:

What happens to the mixture as you're adding different ingredients?  
How do they taste, would you bake them again?

# Recommended Stories to Share

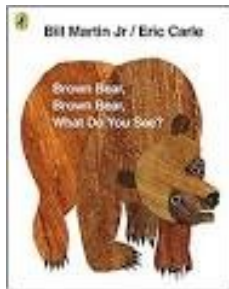
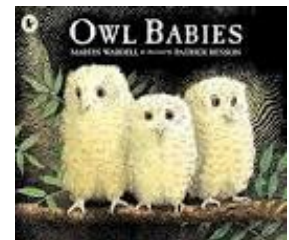
Reading stories is a great way to share time and expand vocabulary.

Here is a list of some of our core books from nursery school that you can read with your child.



Can't You Sleep Little Bear  
Goldilocks  
Little Red Hen  
Walking through the Jungle,  
Owl Babies  
We're Going on a Bear Hunt  
Whatever Next,  
You Choose  
Brown Bear  
DinosaurRoar  
Each Peach Pear Plum  
Kipper's Year  
Pass the Jam, Jim.  
Peace at Last  
Rosie's Walk  
So Much  
The Gruffalo  
The Way Back Home  
The Tiger Who Came to Tea

Martin Waddell  
Robert Southey  
Ronne Randall  
Julie Lacome  
Martin Waddell  
Michael Rosen  
Jill Murphy  
Nick Sharratt  
Bill Martin Jnr  
Paul Stickland  
Janet Ahlberg  
Mick Inkpen  
Kaye Umansky  
Jill Murphy  
Pat Hutchins  
Trish Cooke  
Julia Donaldson  
Oliver Jeffers  
Judith Kerr



## Online Resources

National Literacy Trust — <https://wordsforlife.org.uk>

Book Trust — <https://www.booktrust.org.uk/>