



Donnington Wood Infant School & Nursery

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learning, caring, preparing

Home Learning - Nursery

To help parents in this unusual situation we have prepared some resources to support you at home. In this pack, you will find a variety of activity ideas for your child to keep them busy while school is closed over the next couple of weeks. The Bingo sheet has ideas of activities / challenges to complete over a week or two. We will post more of these sheets on our website if nursery remains closed for a period of time

<http://donningtonwoodinfants.co.uk/>

Calm Brain

In school we use Calm Brain which are short videos with actions / movements to help children focus and settle quickly. The Calm Brain team have made the online resources available free for parents (there is usually a charge of £35 per child for home access).

All you need to do to get access is email calmbrainsupport@calmbrainapproach.com giving the following information:

- Your first and last name (i.e. the name of the parent; they do not need the name of the child)
- Parent's email address
- The name of the school their child attends

This will provide access to over 100 CalmBrain movements in the Jukebox based on Positive Emotions and CalmBrain Phases. Children will be very familiar with many of the movements.

Top-tips for surviving at home!

- Create a daily plan as children like routine and predictability. There could be a mix of learning activities, creative time, playing games and time in the garden. It could be a list of things for each day which can be ticked off rather than rigid timetable – whatever works best for your family.
- Try and stick to bedtimes – this will help with the next day
- Read books with your children
- Find creative ways to keep physically fit. If no-one in your household is ill or has symptoms you can still go outside.
- Agree limits for time on devices (phones, tablets, gaming)
- Find opportunities for quieter times – watch a dvd, share a book, enjoy a CalmBrain video, nap time