**Nursery Home Learning Week Beginning 25.01.21 Healthy Lunchbox Week**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Fun Friday!** |
| **Start each day with a 10 minute shake up game**  [Mike and Sulley's Scare Challenge | 10 Minute Shake Up | Change4Life (www.nhs.uk)](https://www.nhs.uk/10-minute-shake-up/shake-ups/mike-and-sulleys-scare-challenge) | **Start each day with a 10 minute shake up game**  [Crush and Squirt's Turtle Travel | 10 Minute Shake Up | Change4Life (www.nhs.uk)](https://www.nhs.uk/10-minute-shake-up/shake-ups/crush-and-squirts-turtle-travel) | **Start each day with a 10 minute shake up game**  [Roo's Whoopty-Dooper Bounce | 10 Minute Shake Up | Change4Life (www.nhs.uk)](https://www.nhs.uk/10-minute-shake-up/shake-ups/roos-whoopty-dooper-bounce) | **Start each day with a 10 minute shake up game**  [Dory's Blue Fin Boogie | 10 Minute Shake Up | Change4Life (www.nhs.uk)](https://www.nhs.uk/10-minute-shake-up/shake-ups/dorys-blue-fin-boogie) | **Start each day with a 10 minute shake up game**  [Hank's Hopscotch | 10 Minute Shake Up | Change4Life (www.nhs.uk)](https://www.nhs.uk/10-minute-shake-up/shake-ups/hanks-hopscotch) |
| **Song Time**  **Eat your greens everyday!**  <https://www.youtube.com/watch?v=pLS75fLIeJA>  What green vegetables do you like to eat? | **Maths and Numeracy**  Listen to the song about Heavy and Light  [**https://www.youtube.com/watch?v=qUOQrXmfwDM**](https://www.youtube.com/watch?v=qUOQrXmfwDM)  Heavy and light  Can you find some objects that are heavier or lighter than a tin of beans? | **Health & Wellbeing**  Can you Tweet or email me a photo of your healthy lunch? | **Reading**  **Yuk said the Yak**  [**https://www.youtube.com/watch?v=-bU4gflSdTo**](https://www.youtube.com/watch?v=-bU4gflSdTo)  Can you tell your Mum or Dad what you like to eat and what you don’t.  **I like to eat…..**  **I don’t like to eat...** | **Fine motor activities**  **Pasta Play**  **Can you use dried pasta in your play?**  See the resources for lots of fun ideas |
| **Creative**  Can you use vegetables to do some printing?  Or  You could draw a picture of vegetables that you have at home. | **Let’s investigate**  [**https://www.bbc.co.uk/iplayer/episode/b0brf9gs/kit-pup-series-1-49-vegetables**](https://www.bbc.co.uk/iplayer/episode/b0brf9gs/kit-pup-series-1-49-vegetables)  **Watch the video**  **Can you explore some vegetables in your house?**  **Where did they come from?**  **How did they grow?** | **Number 3**    **Can you learn all about the number 3?**  **Follow the powerpoint in the resources**  **Can you go around your house and find things in sets of 3.** | **Can you follow a healthy recipe to make a healthy snack?**  Choose your own recipe but make sure that it’s healthy!  This website has lots of great ideas:  <https://www.nhs.uk/change4life/recipes> | **Bedtime story**  **Listen to this bedtime story about a bear who wanted a Pie**  [**https://www.bbc.co.uk/iplayer/episode/b06z8kxh/cbeebies-bedtime-stories-517-nadiya-hussain-fabulous-pie**](https://www.bbc.co.uk/iplayer/episode/b06z8kxh/cbeebies-bedtime-stories-517-nadiya-hussain-fabulous-pie) |

**Please tweet or email me any work that you do!Thank you!**