

Spring Term 2

SEAL Programme - Good to be me (Things you can do together to help your child are in blue)

Personal, Social & Emotional Development

- SEAL - We need to help children to explore feelings in the context of the child as an individual, developing self-awareness and helping the child to realise that it really is 'Good to be me'.
This theme is about understanding our feelings and why and how they lead us to behave the way we do - particularly the feelings of being excited, proud, surprised, hopeful, disappointed, worried and anxious.
- Knowing myself
- Ask your child to tell you the things they like doing and the things they don't like doing
- Give praise and ask how they feel when they are feeling proud
- Understanding my feelings
- Use the language of feelings, so your children can tell you when they are feeling excited etc
- Encourage your child to say and show you when they are feeling good and happy
- Managing my feelings
- Give your children opportunities to stay still and quiet for a short time.
Relax Kids CD's at Nursery (ask the staff if you would like to know more about this. The CD's can help as part of bedtime routine)
- Standing up for myself Encourage your child to talk about what they need, with you, their friends and the staff. Children can stand up for their own needs and rights without hurting others.
- Finding ways to calm down - Counting out loud, breathing deeply, talking about it, walk away, stamp feet or beat a drum.

Communication and Language

- Revisiting stories - Traditional stories about Three (3 Bears, Pigs & Billy Goats)
- Pie Corbett style - Little Red Hen
- Making up and sharing your own stories
- Initial letter sounds for own name and others in the group (ask a member of staff if you are unsure about this.)

Physical Development

- Pencil control for writing in cards. Practise using a tripod grip
- Throwing, catching and kicking balls (a large ball is easiest to start with)
- Football training for some groups
- Healthy Living - Exercise, diet, hygiene, rest

- Model a healthy lifestyle - exercise, sleep patterns. Eat fruit and vegetables with your child. Let them use a child safe knife to help you prepare them.

Literacy

- Writing in cards or plant labels for Mothering Sunday
- World Book Day - Ask your child about their favourite books and why they like them
- Storytelling - Encourage your child to join in with repetitive phrases when you are storytelling or chanting rhymes. Encourage them to suggest how a story might end
- Revisiting stories - Perhaps your child will tell you a story of their own
- Borrow a book from the local Library to share together, change it often

Mathematics

- SEAL - Ages, numerals, counting candles on a Birthday Cake
- Counting on one more, how old will you be next Birthday
- Counting how many children are at nursery today
- Pattern making - Easter egg patterns/writing patterns
- Matching and sorting - the same and different. Help with pairing socks
- Hunting for eggs around the garden - Hide things/play Hide & Seek and use positional language
- Look for patterns in the environment

○ Understanding the World

- Growing - planting seeds - What do they need to grow?
- Visit a Garden Centre to look at the plants / plant cress
- Observe - Growing bulbs and changing weather
- Celebrations - Shrove Tuesday, Mothering Sunday and Easter
- Burnham Beeches trips for some groups
- Observing Spring Growth - Frogs and frog spawn / Hatching chicks

○ Expressive Arts and Design

- Spring flower stimulus for drawing, painting and making flowers
- Card making for Mothering Sunday or birthday celebrations
- Observational drawing of life cycles
- Making their own cards for friends & Family
- Exploring ways of joining, to attach handles to baskets. Using tools such as hole-punches and scissors independently
- Decorating cards or baskets
- Supporting children to work on their own ideas
- If your child has an idea about making something with junk at home, help them with cutting or joining things. You could take photos to share with the class. Or let them bring things in and explain their ideas to their Key Worker