



Connection

Look out for a phone call from your key worker this week. They'll be phoning to wish you a happy holiday!



Cuiken Olympics

This week is Cuiken Olympics and it is called 'Fitness 5'. You are going to have 5 exercises to complete, 5 times, for 5 days.

- 5 hops on one leg
- 5 2 footed jumps
- 5 stretches (from crouch stretch up to the sky)
- 5 frog jumps
- 5 star jumps

Tweet us a picture of you doing your exercise and use the hashtags:

#Fitness5 and #Cuikensolympics

Outdoor learning



Name Writing Nature Hunt -Adventure in a Box

Make the time outdoors special and craft your names with natural materials!

Look at this... ôô https://pin.it/6q0anRl





HWB

Watch the story of the Snail and the whale. https://www.youtube.com/watch?v=VwiFCNgaGeY
The whale helped the snail to travel around. The children helped to save the whale.

We've all had to help each other when we have had to stay at home over the last few weeks. Can you draw a picture of a time when you helped someone.

We'd love to see a Tweet of your picture on Twitter.

Be creative

Grass Heads



A fun craft activity that can be done at home with minimal, inexpensive resources. Grass seeds can be swapped for cressseeds, which can be purchased from many local supermarkets for less than £1. Children can enjoy getting their hands dirty, with the help of a grown up, decorating the grass head's pot if they wish and giving it a hair cut once the grass begins to grow. (This should happen in approximately 7 days and can last for around 6 weeks).

 $Resources\ required:$

- Old pair of tights
- Seeds
- Soil
- Jar / pot / cup
- Decoration

See link for step by step instructions - https://www.youtube.com/watch?v=HQhLGXOMmpQ

Cuiken Family Whole School Picnic

On Thursday 25th June we are going to have a whole school picnic. Have a lovely picnic with your family either indoors or outdoors and

Tweet your photos - #Cuikensummerpicnic





Summer Fun

Summer Stage



Bring the outdoor theatre to your garden! Encourage children's imagination and creativity, whilst getting some fresh air by allowing them to perform to rest of

the family at home. Try hanging sheets from the washing line or make a puppet

theatre by pegging / tying sheets from one chair to another for them to perform

behind or however works for you.

Allow children to take ownership of the activity by encouraging them to create

seating area for adults, perhaps organising snacks for the audience, making

tickets and running the show! Sibling participation encouraged - Costumes,

props and music optional.

If putting on a puppet show, children may wish to use their own toys or for extra

creativity, encourage them to make their own. https://www.youtube.com/watch?v=uu1qEum7XGU https://www.youtube.com/watch?v=Ovro-WPHrnU

Transition / Moving

An activity linked to reflecting on this year and thinking about moving on...



Look in a mirror and draw a selfie or get an adult to help you. Around the picture write all the things you have found difficult over this time.



Draw a pair of sunglasses. In the lenses write things you are looking forward to either moving into P1 or returning to Nursery and hang up in your home to remind you of positive things ahead.

Family Learning - Science

Baking Soda & Vinegar Balloon Experiment

Blow up a balloon with science! This fun chemical reaction between baking soda and vinegar makes a balloon blow up!



Have a look at https://pin.it/7lgY7Bs



