



This Weeks 'What's Happening At Home'



Why not try making our healthy recipe of the week **Four Seasons Pizza** recommended by Lynn one of our lunchtime supervisors. Let your child/ren help to make this customisable pizza, which is usually a lot healthier than shop bought ones. You can find the full recipe at <https://www.nhs.uk/change4life/food-facts>



**Monday
11th May**



The sign of the week is
Caterpillar



**Tuesday
12th May**



This week at home download the 50 things app and have a go at
21 Giggle box

Why not have a go at telling silly jokes, playing pepo or saying nonsense rhymes. Support your child by laughing at their early attempts to make you laugh.
<https://bradford.50thingstodo.org/app/os#!/50-things-to-do-before-youre-five>

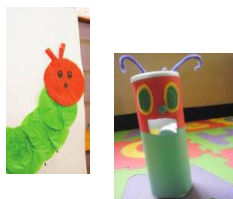
**Wednesday
13th May**

Storytime

Laura reads our story this week; she is using simple story props to accompany the book of **The Very Hungry Caterpillar**. Use the link to our **Facebook Page**.
<https://www.facebook.com/StrongCloseNS/>. You could also listen to the author Eric Carle read the story on <https://www.youtube.com/watch?v=vkYmvxPOAJI> or listen to the Singing Hands version <https://www.youtube.com/watch?v=kQNxBronQaA> that includes Makaton signs.



**Thursday
14th May**



MAKE

You could make your own props and let your child tell the story in their own words. For more ideas of activities relating to The Very Hungry Caterpillar, story visit <http://www.lovelybooks.co.uk/0-3-years>

**Friday 15th
May**



This week join **Julie** with her rhyme about a snail and a little mouse. Follow her on our Facebook page at <https://www.facebook.com/StrongCloseNS/>



SMOKEFREE

If you smoke, quitting is one of the best ways to protect yourself and others and reduce the risk from complications from coronavirus. Quitting smoking quickly improves your circulation and your breathing. It also reduces the risks of other health problems such as heart attacks and strokes at a time when the NHS is coming under strain. For support, advice and free tools to quit smoking call the Living Well Stop Smoking team on **01274 437700** or visit <https://www.nhs.uk/smokefree> or visit <https://www.todayistheday.co.uk/>.