



This Weeks 'What's Happening At Home'



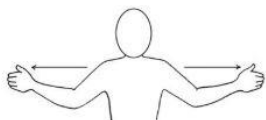
Why not try making our healthy recipe of the week **Smart beans on toast** recommended by Amber one of our lunchtime supervisors.

You can find the full recipe at

<https://www.nhs.uk/change4life/food-facts>



Monday
6th July



The sign of the week is
big

Begin sign with hands
closer together then
draw hands apart

big

Tuesday
7th July



This week at home download the 50 things app and have a go at
#41 Water Features

Bradford has water everywhere, from ponds and lakes to City Park why not find
your nearest area of water and head out for the day to see what you can find.

<https://bradford.50thingstodo.org/app/os#!/50-things-to-do-before-youre-five>

Wednesday
8th July

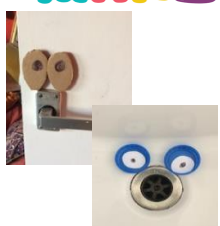
This week's story is **Were going on a Bear Hunt**, join **Laura and her daughter** acting out the different parts of the story. Why not have a go yourselves and send your video to your child's Early Essence. Visit <https://www.facebook.com/StrongCloseNS/>



Thursday
9th July



Funny Eyes



Lou our artist has recommended making some funny eyes from bottle tops or cardboard. You could make the eyes lots of different shapes or sizes and then talk about which is your child's favourite shaped eye and why? Play hide and seek again with them, hiding them in different places around your house or garden and see how long it takes you to find them. You could even take them when you go for a walk and leave them for other people to find.

Friday
10th July



This week's rhyme is **I Dig my Garden** sung by **Cassie**, join in and help her with the actions.

<https://www.facebook.com/StrongCloseNS/>



the spark
arts for children

Why not get involved with this interactive theatre company that is normally touring. This new innovative project is where artists, children and families can work together to create an animated story through digital collaboration. The animation is about a character Walter Lemonface. You can help decide what happens in the next episodes. To get involved go to

<https://thesparkarts.co.uk/bigveg>

