This Weeks 'What's Happening At Home'

Why not try making our healthy recipe of the week **Creamy humus dip with pitta bread recommended by Christine** our Resources Assistant. Hummus makes a change from eating sandwiches and is fun to make. You can find the full recipe at
https://www.nhs.uk/change4life/food-facts

Monday 8th June	The sign of the week is Bear
Tuesday 9th June	This week at home download the 50 things app and have a go at **#15 Dressing Up** Use clothes and objects you have a home to make up imaginary play you could dress up as a bear and act out the story. https://bradford.50thingstodo.org/app/os#!/50-things-to-do-before-youre-five
Wednesday 10th June	Our story this week is **Were Going on a Bear Hunt** read by the author Michael Rosen. You could join in with the actions and go on the bear hunt with him. Watch him tell the story at https://www.youtube.com/watch?v=0gyI6ykDwds
Thursday 11th June	**Play the story of Going on a Bear Hunt** Say the rhyme together at home, or when you are out and about. Enjoy splashing in the bath or through puddles on rainy days, tiptoeing quietly, walking through long grass and if you get the opportunity through squishy mud (suitably dressed of course!) or look for other ideas at http://www.lovemybooks.co.uk/were-going-on-a-bearhunt
Friday 12th June	This week join **Nagina** with The Potato Song which she sings in English and Punjabi. Why not join in with the actions and help her count to 5? https://www.facebook.com/StrongCloseNS/
	Do you have children who are ready to start potty training? Why not use these links to discover tips on successful toilet training at https://www.nhs.uk/conditions/pregnancy-and-baby/potty-training-tips/ or https://www.eric.org.uk/top-10-potty-training-tips