



Another wonderful week, despite the weather and the limited opportunities to access our outdoor classroom. The busy minds and bodies in our class haven't slowed down one bit!

In P.E., we took a yoga adventure under the sea with the story *Squish the Fish*, and we enjoyed some lively **chiffon scarf dancing** using our gross motor movements to upbeat pop songs.

Try some chiffon scarf dancing in the house to your favourite tunes. Its fun but a great way to help you child develop.

### It strengthens gross motor skills

Throwing, catching, swooshing, and waving scarves help children practise:

- Shoulder and arm strength
- Core stability
- Balance and coordination

Because scarves move slowly through the air, children have more time to track and respond—perfect for developing coordination in an achievable way.

### It supports hand-eye coordination

Scarf play encourages children to:

- Follow a moving object
- Predict where it will land
- Throw it to a target

**Mathematical Development Ideas to Support With  
at Home**

This builds the foundation for later skills like writing, cutting, and sports.

### It boosts bilateral coordination

Using both hands together (e.g., waving two scarves, throwing with one and catching with the other) strengthens connections between the brain's hemispheres.

This supports:

- Early mark-making
- Dressing skills (zips, buttons)
- Spatial awareness
- Overall movement fluency

- Spot the number 4 out in the care or on walks
- What animals have 4 legs? Discuss the number of legs of the pets children may have or the animals they see outside.
- Point out the number 4 on a clock, phone, watch or their technical equipment.
- Spot the dominoes or cards from a pack with 4 dots on them.
- Read the book 'Pete's Groovy Buttons'.
- Spot rectangles and squares at home and count the sides.
- Number Blocks episode [Numberblocks - Series 1: Four - BBC iPlayer](#)



### Important Diary Dates and Information

**February 9<sup>th</sup> and 10<sup>th</sup> - Parent Consultation 3.30-6.30pm**

**Friday 13<sup>th</sup> February - Last Day of Spring 1 Half Term**

**Friday 13<sup>th</sup> February - Magical Mischief Day**

**Monday 23<sup>rd</sup> February - First Day Spring 2 Half Term**

**Thursday 2<sup>nd</sup> April - Last Day of Spring Term**

**Monday 20<sup>th</sup> April - First Day of Summer Term**



Have a wonderful weekend

Take care,  
The Nursery Team 😊