

## Nursery Week 6

### Physical

#### Activity 1—Relaxation

It's time to relax!

Relaxation is a great way to release stress and anxiety—important for children and adults.

Follow the links and together do the exercises. They will help with breathing and muscle relaxation.

Learning relaxation techniques will help children to calm themselves if they find themselves in stressful situations.

<https://www.moodcafe.co.uk/for-children-and-young-people/relaxation-for-children.aspx>

<https://www.savethechildren.org.uk/what-we-do/coronavirus/resources/learning-at-home/relaxation-exercises-to-do-at-home-with-your-kids>

#### Activity 2—Yoga

Its time for a Troll adventure!

Join in with Jamie as she takes you through the world of the Trolls with yoga.

<https://www.youtube.com/watch?v=U9Q6FKF12Qs>



### Activity 3—Move like the Billy Goats

Last week we moved like the bears, this week can you move like the billy goats? This week we are going to use these movements to re-tell the story of *The Three Billy Goats Gruff*.

How do you think they will move?

Can you move in different ways for the big/medium and little billy goats?

How could you move like the Troll?

Do the characters move in the same way?

Can you move slowly and quickly?

Encourage your child to move around the space—indoors and outdoors, in the different ways for each billy goat.

Can you negotiate space?

Talk to your child about how each character could move. Can they follow your instructions and change the way they move to be the different characters?

The characters could move in the following ways:

- Little Billy Goat - light, tiptoe, galloping movements
- Middle-Sized Billy Goat - skipping or jumping and galloping movements
- Big Billy Goat - running and galloping movements
- Troll - slow, heavy, stamping steps

Now it's time to be the billy goats!

Grown ups begin the story and encourage your child to act out the different scenes that you describe to them. I.e. — can your child mime getting up from under the bridge as the Troll? Can they move across the bridge to eat the green grass being the different sized billy goats?

Can they remember how to move? Can they join in with repeated refrains? Can they use different tones in their voice for each of the characters?

How would the Troll move when he falls off the bridge?

