

# Lyon Park Nursery Home learning

## Personal, Social and Emotional Development

### Follow the leader



Play the 'Follow the leader' by taking turns to be the leader. The leader creates an action for everyone to follow. Here are some ideas: clap, crawl, walk, run, climb a hill, blow in the breeze like a tree, flap your arms like a chicken, hop, skip, jump, gallop, march, spin, twist, walk on tiptoe, stomp, roll, fall like a leaf, wiggle, fly like an aeroplane, twirl like a helicopter blade, shake your hips from side-to-side, crawl sideways like a crab kick, dancer, swim like a fish.

### Play the traffic light game.

Choose an action for your child to follow, for example running on the spot, jumping or clapping. Explain red means stop, amber means go slowly, and green means move quickly.

Call out a colour and encourage your child to follow your instruction. Then let your child be in charge while you follow their instructions.



### Feelings

Watch 'The Colour Monster'.

<https://www.youtube.com/watch?v=W6wIEp-M4tg>

Talk about the things that make your child feel happy, sad, angry, fearful, scared, calm or loved.

### All by myself

Encourage your child to practise getting dressed independently. Practise using buttons, zips and Velcro shoe buckles.

