

# Bear Park from Home

## Dear Parents of Bear Park,

Welcome to our 'Bear Park at Home' newsletter where we plan to share ideas and suggestions for learning activities to do with your child or children whilst being at home over the upcoming weeks.

We realise that this time is unprecedented with many uncertainties and so it is through this Newsletter we wish to be able to keep the Bear Park community connected and engaged.

We will be sending these out every Monday, Wednesday and Friday via Storypark and would love your feedback and suggestions to these as well.

Wishing you all well and keep safe.  
Sue & the Bear Park Team



## The Great Potential of Taking Time

The situation of "lockdown" brings a lot of restrictions, but in turn also the possibility to gain new perspectives and taking time for different things. It could give you time to learn with your children, to see what they are passionate about and perhaps follow their lead through their own creativity.

One of our first suggestions is to set up a space in your home where your child/children can be creative. Creativity does not necessarily mean painting and mess, but rather a space to spend some focused time and explore the possibilities of an art medium.

No matter what art medium you will provide, the importance is what dialogue you will have with your child during the process. The idea is to get a better understanding about your child's thinking through the languages of art.

Over the coming weeks we will support you with ideas on how you can keep your children's creativity active with using simple materials around your house.

We hope you will have an amazing time with your children and stay safe.

## A Preschool 'Flow of the Day'

We thought we'd start by sharing with you some of the key points about how we organise our day in Preschool and have made some modifications hopefully to make this easier for you to recreate at home. *A typical preschool day looks like this:*

**9.30am: Meeting time** - we come together, share thoughts of the previous day and plan for the day ahead. This maybe is a time where your child could bring along their favourite book or share with you their favourite song.

**10.00am: Morning tea** - we invite our children to set a table and create a centrepiece for this which you could also do. Our children love using items from nature e.g. Leaves, stones, flowers, petals to do this. It maybe also a suggestion that your child/ren help suggest and prepare this snack with you.

**10.30am: Investigative learning** - a time to focus on a particular experience that extends knowledge and skills based on an observation or interest. This can come from a discussion with your child about what they have seen outside, or perhaps heard. Maybe they have remembered something they did when at Bear Park the previous week or seen in a book. It is from this conversation with them that an activity can evolve.

**11.30am: Reset time** - tidy the spaces and the materials that have been used.

**12.00pm: Lunch** - again the child/ren could suggest and help create this with you.

**12.30pm: Quiet time** - soft music/quiet activities / mindfulness/ rest – Perhaps your child/ren has a special audio book that you could play or they have favourite books they just wish to look at whilst lying on a cushion in a special setting.

**2.00pm: Autonomous play** - an opportunity to revisit some of the previous activities/experiences of the morning or participate in something different.

**3.00pm: Afternoon tea** - Again the child/ren could suggest and help create this.

**3.30pm: Investigative learning**- maybe this is where you could go for a walk in your neighbourhood, or your garden with your child and discover things for tomorrow's investigations – e.g. the trail of ants that appear to be walking along the path or the leaves that are starting to change colour etc.....

**4.30pm Winding down** - preparing for the end of the day. An opportunity for a shared story together.



# Daily Dose of Nature

## 30 Day Nature Challenge

30 days of ideas to help you stay outside while social distancing:

1. Nature bracelets
2. Bird watching
3. Paint with nature
4. Worm hunting
5. Mud pies
6. Explore a new place close to home
7. Stone soup
8. Puddle jumping
9. Nature scavenger hunt
10. Sink or float
11. Rock painting
12. Rainbow colour hunt
13. Tree/ leaf rubbings
14. Build a nest
15. Take a closer look
16. Build a bug hotel
17. Go on a bike ride
18. Nature sensory bin
19. Look for animal tracks
20. Build a den/fort
21. Tiny treasures
22. Signs of spring
23. Night walk
24. Nature faces
25. New trail
26. Paint with mud
27. Water play
28. Salt dough fossils
29. Egg hunt
30. Animal observation

## Online Resources

A link to a child's movement online class:  
<https://watch.lesmillsondemand.com/born-to-move/season:2/videos/born-to-move-19-4-5-going-to-australia>

## Exploring the Richness of your Garden

Infants and toddlers thrive in any environment that provokes opportunities for sensory exploration. An example of how we implement this in our Fantail room is by exploring the natural wonders on offer in our garden. Here the children can encounter materials such as leaves, grass, flowers etc... to investigate and put their senses to the test.



*By slowing down, pausing and taking the time to:*

- Feel the many different textures that our garden has on offer
- Listen to the various sounds that occur like the cicada's song or the leaves rustling in the breeze
- See the different shapes and colours that nature holds
- Smell the different aromas
- Taste things (if appropriate) like the herbs

Doing this alongside your child will prompt them to use their senses even more so. Questions you may wish to pose:

- What can we see?
- What does it feel like?
- What does it smell like?
- How does it make you feel?
- What kind of sound do you hear?
- Can you make a sound with this?

Encourage your child or children to fully explore using all of their body and to view these as rich and enchanting spaces with new perspectives.