



Early Years - Learning at Home 5

February 2021

Ruby's Worry



Play and Talk is
all you need.



Learning from Home

While your nursery is only physically open to children of key-workers and our most vulnerable children we will be supporting your child's learning through providing a selection of suggested areas to explore with your child, all based around a story you can access online.

However, we would like to stress these are optional and are there to be a support and not a burden. At home your child will learn from you through talking, listening, helping and playing with you.

These will (on purpose) be mostly things you might do anyway with resources you already have – but you may not know how rich they are in learning for your child. They are just ideas for if you are stuck or wondering what to do, so please pick and choose.

We are all here to help, always just get in touch with your nursery.

1. Ruby's Worry by Tom Percival

Cosy up and listen to this wonderful online story:

<https://www.youtube.com/watch?v=moM-v4dvPz8>

Activity:

Talk about what you and your child liked and disliked about the story.



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Ruby's Worry" by Tom Percival

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2. Happy and Sad

Activity

Think and talk about what makes you happy and sad. Be honest and open to encourage your child to be the same. Fold a piece of paper in half and draw a happy picture on one side and a sad picture on the other.

Throughout the Day

Be open about your feelings all day, say when something has made you sad, or when you are having a moment of happiness. Encourage your child to do the same.

You could even write down together at the end of the day three things that made you happy e.g. playing outside, snuggling on the sofa watching a programme.

Useful Words to Use

emotion
truthful
happiness
contentment
worries
anxiety

3. Five People to Talk to

Activity

Draw around your/your child's hand and think of five people's names to write on the fingers. These people will be people you can share your feelings with, especially if you have worries about anything. For example, Granny, your Key Worker, another adult in the ELC, your older sister.

Throughout the Day

Share any worries you may have, if appropriate, naturally as they come up during the day. You can model simple worries like the washing not drying in time and together think of solutions to the problems.

Useful Words to Use

anxiety
sharing
helping
supporting



“Remember these are only some ideas. Talk, play, let the child lead and most importantly have fun together!”

4. Make Worry Dolls

Activity

Listen to Silly Billy by Anthony Browne read by Alister Bryce Clegg <https://abctoes.com/abc-does-a-blog/2020/03/31/abc-does-a-story-silly-billy-by-anthony-browne/> Look at pictures of worry dolls make some dolls out of scraps you have lying around. More info can be found here: <https://www.accessart.org.uk/worrydolls/>

Throughout the Day

Take the Worry Dolls with you and tell them any small or large worries you may have. Talk about how talking about worries can help.

Useful Words to Use

worry
sharing
emotion
panic
calm
contentment

5. Discover Guatemala

Activity

Where do worry dolls come from? Have a look at an Atlas or online at where Guatemala is in the world and discuss what might be the same and different about living here. Follow your child's interest if they show any e.g. in the landscape of Peru, in the language, in the Maya (indigenous people of Guatemala and ancient civilisation).

Throughout the Day

Some questions to talk about during your daily routines:
What time of day would it be in South America?
Would a child be talking to their worry dolls in South America right now?
Would they be doing what we are? e.g. cooking tea?

Useful Words to Use

atlas
continent
South America
Mexico
Maya

Other Ideas:

Sing and Dance

If You're Happy and You Know It song:
www.scottishbooktrust.com/songs-and-rhymes/if-youre-happy-and-you-know-it-audio

Don't Worry be Happy song:
<https://www.youtube.com/watch?v=qWFs9VAsCXs>

Listen to lots of different music you like and decide together what can be your happy music—and dance!



More stories:

The Huge Bag of Worries
by Virginia Ironside
Listen here <https://www.youtube.com/watch?v=8QwEOSBjOt8>

Try Mindful Colouring:

Print off colouring sheets and colour in together, talk about how you feel afterwards. Or, so you don't need to print, take a pencil for a walk across the paper and then colour in the shapes it makes.

<https://www.crayola.com/free-coloring-pages/new-coloring-pages/>



Questions You Might Ask...

If your child had written the book, would they change anything in the story? Can your child think of a different ending?

How did Ruby feel at the beginning, middle and end of the story?

Explore the World!

Download the FREE Google Earth app and zoom around the world!

You can zoom in and out of all sorts of places and countries including South America or your own street! You can switch to 3D View and see if you can spot your own home, or whizz along to see the Eiffel Tower or the Pyramids of Egypt.

Search in your App Store or find the browser version here:
https://www.google.co.uk/intl/en_uk/earth/



Things to Remember

- Everyday real life tasks are good learning experiences.
- Play and talk is all you need.
- See the world through your child's eyes, to a child the world is still a wonder and something to explore and learn about.
- You have been doing this job since they day they were born, you do not have to become a teacher during this time.
- Let the children lead - it might get messy but that is OK.
- Do not let social media, websites, resources etc. become a burden or a standard to live up to. They are just ideas to support you, not an expectation.
- Have fun and enjoy this time talk, listen, read, laugh, sing, dance, play, cuddle!

**“Be kind to
yourself you
are doing a
great job.”**

Parent Club— <https://www.parentclub.scot/>

Play Scotland— <https://www.playscotland.org/parents-families/>

Education Scotland Parentzone— <https://education.gov.scot/parentzone/learning-at-home/covid19/be-at-the-heart-of-your-child-s-learning-during-covid-19/>

BBC— <https://www.bbc.co.uk/bitesize>

Bumps to Bairns—<https://bumps2bairns.com/>

Julia Donaldson home learning packs— <https://resource-bank.scholastic.co.uk/content/FREE-Julia-Donaldson-and-Axel-Scheffler-Home-Learning-Packs-40114>

Being me with Dug— <http://www.e-sgoil.com/earlyyears20/>

Book Bug— <https://www.scottishbooktrust.com/bookbug>