



Digital Learning Program

Over 3s Topics of Interest and Nature Resource Pack Week 1



Over 3s Topics of Interest and Nature Resource Pack

Week 1

Key Focus Area: Self Expression and The Arts

Age group: Over 3s

Rationale: For the children to gain a sense of identity and belonging through craft.

Outcomes: Children have a strong sense of identity.

5 minutes: Mindfulness

Ask child to sit quietly with their eyes closed if comfortable and do our mindfulness pause

1. Sit on the floor with your back nice and straight
2. Take a deep breath in and then a deep breath out
3. Reminding children to breathe in through your nose and out through your mouth
4. Repeat deep breath 4 times

5 minutes: Digital Experience

Play "Reduce Reuse Recycle Song" ([click here](#))

Waste sorting game Guardian shortly explains what "3R" means (poster with explanation ([click here](#)))

15-20 minutes: Three R's Sorting:

Physical option:

Guardian can choose either to print the poster out, then cut it off to do the sorting; or click on the link, and name out any wastes you come up with to challenge the child to sort them in the correct bins ([click here](#))

Digital option:

Trash sorting game: ([click here](#))

Instruction: In this game, children will be able to learn the basic of recycling with Litter Critters. The mission is sorting trash into four different litter, categories: recyclables, compost, electronic waste and landfill waste. It is recommended to try from the easy to hard mode.

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Questions

- Can you tell me what colour hair you have?
 - What colour are your eyes?
 - How are you feeling today?

READY FOR THE NEXT PACK?

Answer a few questions about your child's learning and our educators will create a unique, personalised Health and Wellbeing Resource Pack for your child.

<https://forms.gle/RrjPk3SZT4mntXTk7>