

# Digital Learning Program

## Under 3s Topics of Interest and Nature Resource Pack Week 1



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**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

Guardian plays the story book:  
"I can save the earth" – ([click here](#))

## 15-20 minutes: Threading :

Child to collect fallen leaves from outside and use string to thread the leaves onto the string. Parents/guardians will need to help create a hole for the child to thread the string through. Try not to make the hole too big as the leaves will all fall down into one pile.



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### EXAMPLE:



### Questions

Throughout the experience you could ask your child:

- What do the leaves feel like?
- What colours leaves have you go?

### 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>