

## Window Project

We are missing you all so very much, so we thought we could all start a project together...

Watch Janet read the beautiful story 'Windows', written during 2020, and which has become relevant for us again now.

What can you see outside your window? It could be outside your bedroom window, lounge room window, kitchen window.. Can you see cars, people, birds, trees, other houses?

We would love you to create a picture (paint, textas, pencils, collage etc) of what you can see and send it to us, either by posting a photo of your art in our closed Facebook group or by email to [edleader@alstonvillepreschool.com.au](mailto:edleader@alstonvillepreschool.com.au)

You are more than welcome to get the whole family involved too- maybe Mum, Dad or siblings would like to create some art too?

We can't wait to see them! 

## Another nature walk with Carla

We hope you enjoyed Carla's first nature walk- there is some more for you in the next video installment. Hopefully you find it relaxing and take notice of everything you can hear as well! Have you seen fire flies before? There are some to see towards the end.

Remember The Very Hungry Caterpillar? You can listen to The Very Lonely Firefly by Eric Carle here:

<https://youtu.be/1RWaAJvzPqo>

It might be a great opportunity to talk about the word *lonely*. What does it mean to your child? Have they ever felt lonely? When? You could come up with some ideas together of what you can do when you feel lonely.

## Mindfulness

Watch Abi is read a book all about being mindful and learning to belly breathe.

Here are some great websites for great mindfulness and wellbeing activities for children.

<https://www.mindful.org/mindfulness-for-kids/>

<https://raisingchildren.net.au/guides/activity-guides>

We love to have rest time outside at preschool, listening to nature, listening to our bodies, and being mindful of how our bodies are feeling. It's important for us all to be able to recognise and sit with our feelings and identify what that looks and feels like in our body.

## Room on the Broom

Watch Jade read Room on the Broom by Julia Donaldson.

When the broom snaps the animals fall into the bog- make your own 'Bog Slime' at home for a wonderful sensory experience, and lots of messy fun!

### Magic Bog Slime

When the broomstick snaps, the animals fall into a bog!  
Here's how you can make your own icky-sticky bog slime to play with.

**You will need:**  
6 tablespoons cornflour  
1 teaspoon cocoa powder  
A bowl  
A tablespoon  
Water

**What to do:**

- 1 Put the cornflour and cocoa powder into the bowl and stir it together so it becomes a light brown powder.
- 2 Add three tablespoons of water to the mixture and stir it all together to make a gooey slime.
- 3 Add a bit more water to make the slime even more gooey, or add a bit more cornflour to make it a little thicker.
- 4 To clean up the slime, let it dry out and then throw it away. Don't pour the slime down the sink as it could clog the pipes.

*This is a messy activity so be sure to protect the table and floor with old newspapers.*

Have fun playing with your magic bog slime . . .

- Stir the slime with your fingers. Gooey!
- Squeeze some slime in your hand, then open your hand.
- Let it drizzle off the spoon.
- Shape it into a ball.
- Let the slime ooze through your fingers.
- Press down on the slime with your hand.



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Illustrations

The Broom on the Broom Party Book © Julia Donaldson and Axel Scheffler 2001, 2019 - Miramax in Collaboration with

## We're going on a shape hunt!

Draw a circle, square, triangle and rectangle on a piece of paper for reference and get hunting around your house or yard! Be sure to have a close look at each shape and count how many sides it has. How many of each shape can you find? Which shape did you find the most of?

You could extend this activity by adding other shapes such as an oval, pentagon or octagon.

This scavenger hunt experience builds on your child's early mathematical and literacy skills. Being able to recognise shapes and symbols is one of the early steps in understanding numbers and letters. As you draw your child's attention to shapes in their environment, they will begin to see the patterns needed to create each shape. This experience gives your child the opportunity to explore shapes, sort and categorise items they find, counting the sides of each shape and the number of items they find.

Happy Hunting!

