

HIBERNATE

WEEK ONE



Topic : Hibernate Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Story	Tell story using background and puppets. Afterwards talk about what happens in the story and parts that you enjoyed.	Tell story using background and puppets. Afterwards talk about some of the 'events' in the story.	Tell story using background and puppets. Before the story talk about what happens at the start of the story.	Tell story using background and puppets. Before story try and remember what happens at the end. After, discuss what happened at end.	Tell story using background and puppets. Before story talk about beginning, middle and end.
Songs & Verse	Rhyme: We stare the porridge Song: We all go round the mulberry bush. Song: Peas Porridge, hot.	Rhyme: We stare the porridge Song: We all go round the mulberry bush. Song: Peas Porridge, hot.	Rhyme: We stare the porridge Song: We all go round the mulberry bush. Song: Peas Porridge, hot.	Rhyme: We stare the porridge Song: We all go round the mulberry bush. Song: Peas Porridge, hot.	Rhyme: We stare the porridge Song: We all go round the mulberry bush. Song: Peas Porridge, hot.
Nature Walk	Make a nest for a hibernating animal	Discuss materials that could be used in nests/hides to keep animals warm	Spot Sitting—More about spot sitting in the Parent Guide	Look for places that would make good hibernation spots.	Make bird feeders at home and take on your nature walk to hang up. Discuss animals that don't hibernate.
Reflection	Think about when you like to feel warm.	Have a big cuddle and take some deep breaths.	Make a cosy nest at home and relax in there for a little while.	Give thanks for all that keeps you warm in winter.	Give thanks for all that you enjoy about winter.
Hands & Heart	BREAD RECIPE	ART ACTIVITY Make salt dough hedgehogs / echidnas.	HANDWORK Adults chosen handwork whilst child plays independently.	DRAWING + PAINTING A Hiddle character.	RECIPE
Purposeful Work	Help to prepare bags for nature walk.	Help to prepare the morning snack.	Help to tidy away cushions and blankets from the nest you made.	Use wax polish on a few wooden toys.	Help to get ingredients ready and help to tidy away after today's recipe.

HIBERNATE

WEEK ONE

Monday

Story

This week's focus: story sequencing
(beginning, middle and end)

Tell story using background and puppets.
Afterwards talk about what happens in
the story and parts that you enjoyed.

Songs

Rhyme: We stare the porridge

Song: We all go round the mulberry bush.

Song: Peas Porridge, hot.

Nature Walk

Make a nest for hibernating animals.

You could chat about which animals are
around in your area at this time. You could
also chat about other hibernating animals
that may not be in your country.

Reflection

Think about when you like to feel warm.

Afterwards you could discuss the times
that you each thought of.

Hands & Heart

Use the bread recipe provided for this term or use a recipe of your choosing.

Purposeful Work

Help to prepare bags for nature walk.



HIBERNATE

WEEK ONE

Tuesday

Story

Tell story using background and puppets. Afterwards talk about some of the 'events' in the story. The main event being digging out the snow. Other events could include having breakfast, mimi arriving on the bird, etc.

Songs

Rhyme: We stare the porridge

Song: We all go round the mulberry bush.

Song: Peas Porridge, hot.

Nature Walk

Discuss materials that could be used in nests/hides to keep animals warm.

A few examples,

Fur, feathers, moss, fleece, leaves, straw.

Reflection

Have a big cuddle and take some deep breaths. It works wonders! You can emphasise that you are having a reflective moment by taking deep breaths and closing your eyes and you child may follow your cue.

Hands & Heart

ART ACTIVITY: Make salt dough hedgehogs/echidnas.

Purposeful Work

Help to prepare morning snack.



HIBERNATE

WEEK ONE

Wednesday

Story

Tell story using background and puppets. Before the story talk about what happens at the start of the story. You could use some key words such as 'start, beginning, firstly, before'.

Songs

Rhyme: We stare the porridge

Song: We all go round the mulberry bush.

Song: Peas Porridge, hot.

Nature Walk

Spot sitting. More about spot sitting in the Parent Guide.

Reflection

Make a cosy nest at home and relax in there for a little while. You could chat about animals that you know of who hibernate or refer back to this weeks story.

Hands & Heart

Adult chosen handwork whilst child plays independently.

Purposeful Work

Help to tidy away cushions and blankets from the nest you made.



HIBERNATE

WEEK ONE

Thursday

Story

Songs

Tell story using background and puppets. Before story try and remember what happens at the end. After, discuss what happened at end. This gives two opportunities for recalling and retelling the story.

Rhyme: We stare the porridge

Song: We all go round the mulberry bush.

Song: Peas Porridge, hot.

Nature Walk

Look at places that would make good hibernation spots. Look high, look low. Where would you sneak into if you were hibernating? A nook of a tree, an old bird's nest above?

Reflection

Give thanks for all that keeps you warm in winter.

Taking a moment of gratitude can be as simple saying the things we love, enjoy and cherish.

Hands & Heart

DRAWING & PAINTING: A Hiddle character.

Purposeful Work

Use was polish on a few wooden toys.



HIBERNATE

WEEK ONE

Friday

Story

Tell story using background and puppets. Before story talk about beginning, middle and end. You could focus on any of these or choose one you think your child need more understanding of.

Songs

Rhyme: We stare the porridge

Song: We all go round the mulberry bush.

Song: Peas Porridge, hot.

Nature Walk

Make bird feeders at home and take on your nature walk to hang up. Discuss animals that don't hibernate. Some conversation starters could be:

Who do you think will eat the food?

Will anyone else?

Who isn't hibernating at the moment?

Reflection

Give thanks for all that you enjoy about winter.

'Dear Winter, thank you for being so...'

'Dear Winter, we love it when you...'

Hands & Heart

Choose a recipe for today.

Purposeful Work

Help to get ingredients ready and help to tidy away after today's recipe.



HIBERNATE

WEEK TWO



Topic : Hibernate Week 2

Story

Focus on story sequencing (beginning, middle and end)

Songs & Verse

Nature Walk

Reflection

Hands & Heart

Purposeful Work

Monday

Tell story using background and puppets. Focus on using key words such as ' then, next, afterwards, before'

Rhyme: We stare the porridge
ridge

Song: We all go round the mulberry bush.

Song: Peas Porridge, hot.

Take a basket with you and collect materials as if you are an animal going into hibernation.

Talk about how you've been kind and helped someone.

BREAD RECIPE

In the morning help to make bed.

Tuesday

Tell story using background and puppets. During story say 'and then...?' and allow children to answer.

Rhyme: We stare the porridge
ridge

Song: We all go round the mulberry bush.

Song: Peas Porridge, hot.

Build a hedgehog / echidna house.

Discuss your friends and community and who your are most grateful for.

ART ACTIVITY

Make a hibernation home for animal friends.

Help to prepare breakfast

Wednesday

Tell story using background and puppets. Pause during story and ask what happens next?

Rhyme: We stare the porridge
ridge

Song: We all go round the mulberry bush.

Song: Peas Porridge, hot.

Spot sitting. More about spot sitting in the Parent Guide.

Close eyes and remember a time you helped someone. Afterwards talk about it.

HANDWORK

Adults chosen handwork whilst child plays independently.

Wipe sink after cleaning teeth, using spray bottle and cloth.

Thursday

Tell story using background and puppets. Before story talk about parts of the story you each enjoy, or dislike'

Rhyme: We stare the porridge
ridge

Song: We all go round the mulberry bush.

Song: Peas Porridge, hot.

Create a mud sculpture of a hedgehog / echidna

Take deep breath and say to you child 'notice how you hands feel, notice how your head feels, notice how your fingers feel' etc.

DRAWING + PAINTING

A hedgehog / echidna

Help to wash up or dry the breakfast dishes.

Friday

Tell story using background and puppets. Children can use puppets to play out the order of the story.

Rhyme: We stare the porridge
ridge

Song: We all go round the mulberry bush.

Song: Peas Porridge, hot.

Pretend to be different animals preparing for the winter.

Calmly do different things to keep warm... jumping on the spot, hugging each other, curling into a ball.

RECIPE

Tidy toys away into basket after free play.

HIBERNATE

WEEK TWO

Monday

Story

This week's focus: story sequencing
(beginning, middle and end)

Tell story using background and puppets.
Focus on using key words such as 'then,
next, afterwards, before'

Songs

Rhyme: We stare the porridge

Song: We all go round the mulberry bush.

Song: Peas Porridge, hot.

Nature Walk

Take a basket with you and collect materials as if you are an animal going into hibernation. Nuts? Berries? Materials for your bed?

You could help your child get into role with some animals ears or a tail (even a strip of fabric tied around the waist can represent a tail).

Reflection

Talk about how you've been kind and helped someone.

Recap times when you've helped each other within the or when you've helped the wider family and community.

Hands & Heart

Use the bread recipe provided for this term or use a recipe of your choosing.

Purposeful Work

In the morning help to make bed..



HIBERNATE

WEEK TWO

Tuesday

Story

Tell story using background and puppets.
During story say 'and then...?' and allow children to answer.

This can be fun to do a couple of times.
Giving children chance to recap or be playful and create own stories.

Songs

Rhyme: We stare the porridge

Song: We all go round the mulberry bush.

Song: Peas Porridge, hot.

Nature Walk

Build a hedgehog/echidna house. This could just come from imagination or you may like to 'extend' by doing a little research at home.

Reflection

Discuss your friends and community and who you are most grateful for. You could talk about why you are grateful for those people and what they do that is kind or helpful.

Hands & Heart

ART ACTIVITY: Make a hibernation home for animal friends.

Purposeful Work

Help to prepare breakfast.



HIBERNATE

WEEK TWO

Wednesday

Story

Tell story using background and puppets. Pause during story and ask what happens next? This is an opportunity for recap. You could also ask questions such as 'who comes along now? Who do they see next?'

Songs

Rhyme: We stare the porridge

Song: We all go round the mulberry bush.

Song: Peas Porridge, hot.

Nature Walk

Spot sitting. More about spot sitting in the parent guide.

Reflection

Close eyes and remember a time you helped someone. Afterwards talk about it.

You could describe how that person was feeling and how they felt after you had helped them. You could describe how helping someone made you feel.

Hands & Heart

Adult chosen handwork whilst child plays independently.

Purposeful Work

Wipe sink after cleaning teeth using spray bottle and cloth.



HIBERNATE

WEEK TWO

Thursday

Story

Tell story using background and puppets.
Before story talk about parts of the story
you each enjoy, or 'dislike'.

Songs

Rhyme: We stare the porridge

Song: We all go round the mulberry bush.

Song: Peas Porridge, hot.

Nature Walk

Create a mud sculpture of a hedgehog/
echidna. This could be a messy job so be
sure to take full overalls along with you.

Sure enough children will enjoy this messy
activity and find their own ways of contin-
uing it and creating other representations.

Reflection

Take deep breath and say to your child
'notice how your hands feel, notice how
your head feels, notice how your fingers
feel' etc.

Hands & Heart

DRAWING & PAINTING: A hedgehog/echidna

Purposeful Work

Help to wash up or dry after breakfast.



HIBERNATE

WEEK TWO

Friday

Story

Tell story using background and puppets. Children can use puppet to play out the order of the story. This is a great way to see which aspects of the story have stood out most to your child.

Songs

Rhyme: We stare the porridge

Song: We all go round the mulberry bush.

Song: Peas Porridge, hot.

Nature Walk

Pretend to be different animals preparing for the winter. You could just do animal movements or you could also discuss what jobs each animal is doing eg. collecting nuts, making a nest etc.

Reflection

Calmly do different things to keep warm...jumping on the spot, hugging each other, curling into a ball.

Hands & Heart

Choose a recipe for today.

Purposeful Work

Tidy toys away into basket after free play.



DARKNESS + LIGHT

WEEK ONE



Topic : Darkness and Light
Week 1

Story

Focus on adjectives—descriptive words.

Songs & Verse

Nature Walk

Reflection

Hands & Heart

Purposeful Work

Monday

Tell story using background and puppets. What did you enjoy about the story? How did you feel?

Song: Winter is here
Song: This little light of mine
Song: Oh Where do you come from...

Support and help others. Help neighbours, friends or family. Sweep paths, do shopping etc.

'Close your eyes. Now it is dark. Count to five. Open your eyes. Now it is light. Count to five. Close your eyes...'

BREAD RECIPE

Help to prepare for story time, putting cushion out etc.

Tuesday

Tell story using background and puppets. Draw attention to lovely descriptive words adding alliteration and playful tones.

Song: Winter is here
Song: This little light of mine
Song: Oh Where do you come from...

Create a Hiddles small world on your nature walk Sit and play with it.

Gratitude for darkness and light 'I am grateful for darkness, because it makes light shine bright.'

ART ACTIVITY
Glass Jar Votive

Carefully pack the puppets for small world activity on nature walk.

Wednesday

Tell story using background and puppets. How would you describe the wood? What words would you use to describe the wood.

Song: Winter is here
Song: This little light of mine
Song: Oh Where do you come from...

Spot sitting. More about spot sitting in the Parent Guide.

Find places which a light and places which are dark. Spend a little time in those places, talk about how you feel.

HANDWORK
Adults chosen handwork whilst child plays independently.

Light a candle at dinner time and blow it out.

Thursday

Tell story using background and puppets. How would you describe Snicker? Or any other character.

Song: Winter is here
Song: This little light of mine
Song: Oh Where do you come from...

Talk about creatures that create light in darkness.

Admire the sun and the light it gives. In the evening admire the moon and the light it gives in the darkness.

DRAWING + PAINTING
A lantern

Help get the paints out at drawing and painting time.

Friday

Tell story using background and puppets. Pause during the story and ask 'what words can we use to describe this?'

Song: Winter is here
Song: This little light of mine
Song: Oh Where do you come from...

Make a solstice spiral.

Talk about times when it is dark. Talk about lights that shine in the dark.

RECIPE

Sweep up after making food.

DARKNESS + LIGHT

WEEK ONE

Monday

Story

This week's focus: adjectives (descriptive words)

Tell story using background and puppets.
What did you enjoy about the story? How did it make you feel?

Songs

Song: Winter is here

Song: This little light of mine

Song: Oh Where do you come from...

Nature Walk

Support and help others. Help neighbours, friends or family. Sweep paths, do shopping, etc.

This is a good time for focusing on how it's important that we support and help our friends and community. You could talk about why it's important. How it makes people feel etc.

Reflection

'Close you eyes. Now it is dark. Count to five. Open your eyes. Now it is light. Count to five. Close your eyes...'

Hands & Heart

Use the bread recipe provided for this term or use a recipe of your choosing.

Purposeful Work

Help to prepare for story time, putting cushions out etc.



DARKNESS + LIGHT

WEEK ONE

Tuesday

Story

Tell story using background and puppets.
Draw attention to lovely descriptive words adding alliteration and playful tones.
Your child may want to join in with saying some of the words and that's great.

Songs

Song: Winter is here
Song: This little light of mine
Song: Oh Where do you come from...

Nature Walk

Create a Hiddles small world on your nature walk. Sit and play with it.
Find a suitable backdrop - things which look like a miniature world are helpful such as little sprouts of trees, pebbles, fallen leaves..

Reflection

Gratitude for darkness and light. 'I am grateful for the darkness because it makes light shine bright...'
This could be quite a difficult concept for a young child to grasp. It best to keep this very open and for the adult to open their mind to the child's thinking.

Hands & Heart

ART ACTIVITY: Glass jar votive

Purposeful Work

Carefully pack the puppets for small world activity on nature walk.



DARKNESS + LIGHT

WEEK ONE

Wednesday

Story

Tell story using background and puppets.
How would you describe the wood/bush?
What words can you use? What does it
look like? What does it smell like?

Songs

Song: Winter is here
Song: This little light of mine
Song: Oh Where do you come from...

Nature Walk

Spot sitting. More about spot sitting in the
parent guide.

Reflection

Find places which are light and places
which are dark. Spend a little time in those
places, talk about how you feel.

Darkness can invoke some difficult feel-
ings and this is a good opportunity to ex-
plore those feelings.

Hands & Heart

Adult chosen handwork whilst child plays independently.

Purposeful Work

Light a candle at dinner time and blow it out.



DARKNESS + LIGHT

WEEK ONE

Thursday

Story

Tell story using background and puppets.
How would you describe Snickle? Or any other character?

Songs

Song: Winter is here

Song: This little light of mine

Song: Oh Where do you come from...

Nature Walk

Talk about creatures that create light in darkness.

Many deep sea creatures light up as it's dark in the deep sea.

Reflection

Admire the sun and the light it gives. In the evening admire the moon and the light it gives in the darkness.

Hands & Heart

DRAWING & PAINTING: A lantern

Purposeful Work

Help get the paints out at drawing and painting time.



DARKNESS + LIGHT

WEEK ONE

Friday

Story

Tell story using background and puppets. Pause during the story and ask 'which words can we use to describe this?' How can we describe this? What's it like? What does it look like?

Songs

Song: Winter is here

Song: This little light of mine

Song: Oh Where do you come from...

Nature Walk

Make a solstice spiral.

It's worth looking up 'waldorf solstice spiral' and finding out about the thought behind it and how they can be used as a symbol of light within darkness. They are most symbolic!

Reflection

Talk about times when it is dark. Talk about times that lights shine in the dark. You could give examples of when you see lights shining. Or even go on a 'after dark walk' if you live in an urban area.

Hands & Heart

Choose a recipe for today.

Purposeful Work

Sweep up after making food.



DARKNESS + LIGHT

WEEK TWO



Topic : Darkness and Light
Week 2

Story

Focus on adjectives—descriptive words.

Songs & Verse

Nature Walk

Reflection

Hands & Heart

Purposeful Work

Monday

Tell story using background and puppets. Describing characters.

Song: Winter is here

Song: This little light of mine

Song: Oh Where do you come from...

Consider doing a walk at dawn or dusk. Take torches and explore the changing light.

Reflective Conversations

'What is dark/darkness?

BREAD RECIPE

Cutting citrus and putting it in the oven to scent the house.

Tuesday

Tell story using background and puppets. Describing the setting.

Song: Winter is here

Song: This little light of mine

Song: Oh Where do you come from...

Write two lists about dark and light. Your lists could be 'what we know about dark and light' or 'what we enjoy about dark and light'.

Reflective Conversations

'What would happen if we had no light?'

ART ACTIVITY

Willow Lantern

Helping to make cleaning sprays using water, vinegar, lemon juice etc.

Wednesday

Tell story using background and puppets. Describing feelings of the characters.

Song: Winter is here

Song: This little light of mine

Song: Oh Where do you come from...

Spot sitting. More about spot sitting in the Parent Guide.

Reflective Conversations

'Where does light go at night?'

HANDWORK

Adults chosen handwork whilst child plays independently.

Dusting tables and low shelves.

Thursday

Tell story using background and puppets. Describing a time that you had a festival.

Song: Winter is here

Song: This little light of mine

Song: Oh Where do you come from...

A time of turning inward to reflect—take extra time for reflection - talks about each season and the past year.

Reflective Conversations

'What makes light bright?'
Darkness...?

DRAWING + PAINTING

moon

Laying the table for snack/ lunch or dinner.

Friday

Tell story using background and puppets. Describe a time when it was dark and a light shone.

Song: Winter is here

Song: This little light of mine

Song: Oh Where do you come from...

Collect wood to have a fire at home. If you don't have a fire you could use a firepit or BBQ outside, or pretend and use candles.

Reflective Conversations

'Where does the moon go to?

RECIPE

Watering the house plants.

DARKNESS + LIGHT

WEEK TWO

Monday

Story

Tell story using background and puppets. Describing characters. Before starting the story you could talk about a chosen character or a couple and describe what they look like, where they live, what they like to do.

Songs

Song: Winter is here

Song: This little light of mine

Song: Oh Where do you come from...

Nature Walk

Consider doing a walk at dawn or dusk. Take torches and explore the changing light. This could create lots of excitement if not's something you usually do (depending where you live in the World).

Reflection

Reflective conversations

'What is dark/darkness?'

Again the aim of these conversations is to be very open and explore ideas, rather than teach any specific facts.

Hands & Heart

Use the bread recipe provided for this term or use a recipe of your choosing.

Purposeful Work

Cutting citrus and putting it in the oven to scent the house.



DARKNESS + LIGHT

WEEK TWO

Tuesday

Story

Tell story using background and puppets. Describe the setting. At the start of the story you could take a look at how t=you have set up the small world and begin describing it. 'The woods/bush was very...

Songs

Song: Winter is here

Song: This little light of mine

Song: Oh Where do you come from...

Nature Walk

Write two lists about dark and light. Your lists could be 'what we know about light and dark' or 'what we enjoy about dark and light'.

Reflection

Reflective Conversations

'What would happen if we had no light?

Hands & Heart

ART ACTIVITY: Willow Lantern

Purposeful Work

Helping to make cleaning sprays using water, vinegar, lemon juice etc.



DARKNESS + LIGHT

WEEK TWO

Wednesday

Story

Songs

Tell story using background and puppets. Describe feelings of the characters. You could pause during the story and ask 'how do you think Snickle feels? And do the same with any of the other characters that your child show's an interest in.

Song: Winter is here

Song: This little light of mine

Song: Oh Where do you come from...

Nature Walk

Spot sitting. More about spot sitting in the parent guide.

Reflection

Reflective Conversations

'Where does light go at night?'

Hands & Heart

Adult chosen handwork whilst child plays independently.

Purposeful Work

Dusting tables and low shelves.



DARKNESS + LIGHT

WEEK TWO

Thursday

Story

Songs

Tell story using background and puppets. Describing a time that you had a festival. You can both go into lots of details remembering a festival of your family's. What did you eat? Did you dance? What traditions did you have? Did you make decorations?

Song: Winter is here

Song: This little light of mine

Song: Oh Where do you come from...

Nature Walk

A time of turning inward to reflect.— take extra time for reflection—talk about each season and the past.

This is about encouraging a flow with the seasons. Winter is a time to turn inwards and reflect. A time of peace and quiet.

Reflection

Reflective Conversations.

'What makes light bright?'

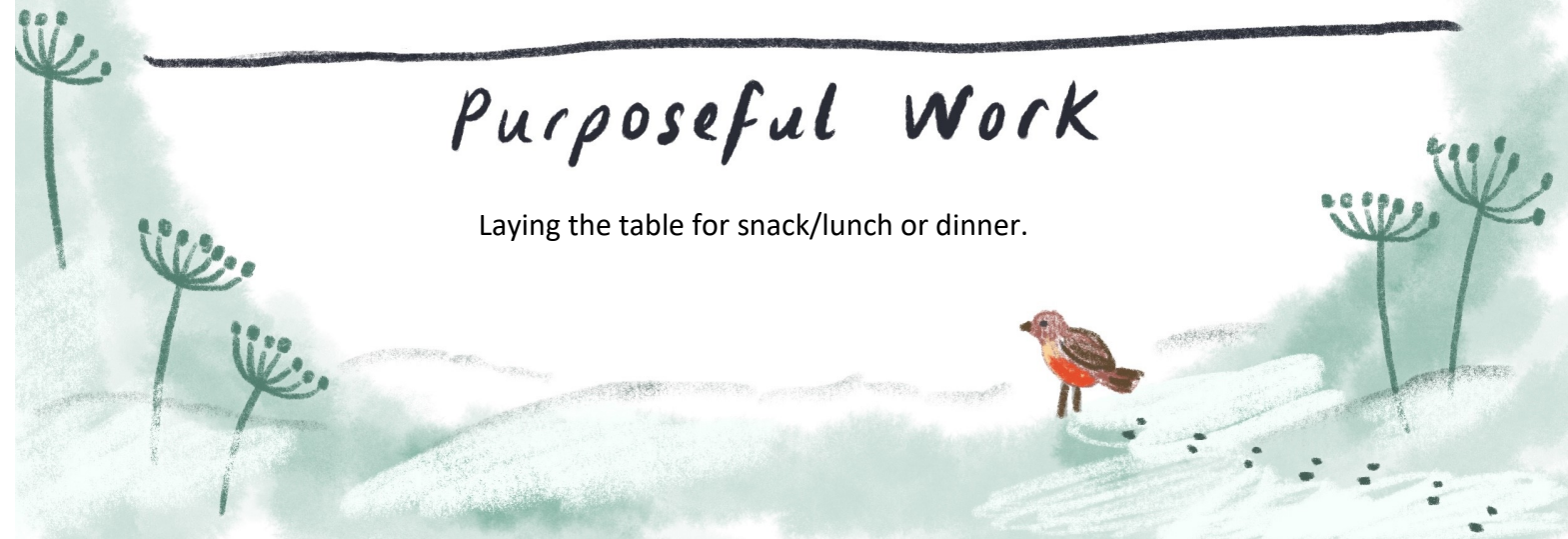
Darkness....?

Hands & Heart

DRAWING & PAINTING: The Moon

Purposeful Work

Laying the table for snack/lunch or dinner.



DARKNESS + LIGHT

WEEK TWO

Friday

Story

Tell story using background and puppets. Describe a time when it was dark and the light shone. This could be physically and you could introduce this idea on a metaphorical level with older children.

Songs

Song: Winter is here

Song: This little light of mine

Song: Oh Where do you come from...

Nature Walk

Collect wood to have a fire at home. If you don't have a fire at home you could use a firepit or BBQ outside, or pretend and use candles. You could set up a pretend fire-place in your home and have candles surrounded by sticks in a safe place.

Reflection

Reflective Conversations

'Where does the moon go?'

Hands & Heart

Choose a recipe for today.

Purposeful Work

Watering the house plants.



CELEBRATE

WEEK ONE



Topic : Celebrate Week 1

Story

Focus on story characters

Songs & Verse

Nature Walk

Reflection

Hands & Heart

Purposeful Work

Monday

Tell story using background and puppets.

I wonder what gifts Snickle received...

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Deliver gifts to forest friends.

Walk along slowly and touch different objects. How do they feel?

BREAD RECIPE

Make a gift to give to someone.

Tuesday

Tell story using background and puppets.

I wonder what happened the next day...

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Take story puppets with you and set up a little tea party.

Conversation— What gift would you give to someone who doesn't have lots of toys and things?

ART ACTIVITY

Make a Tree of Thanks

Make a picture to give to someone.

Wednesday

Tell story using background and puppets

Use story props to pretend that it's the next day.

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Spot sitting. More about spot sitting in the Parent Guide.

Close your eyes and stand tall like an icicle. Breathe in deep breaths.

HANDWORK

Adults chosen handwork whilst child plays independently.

Help a neighbour. Ask them if they have any jobs that need doing.

Thursday

Tell story using background and puppets

How else did the Hiddles celebrate? What did they eat or do?

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Light a candle (in a lantern) and say a few words.

Close your eyes and imagine a snowflake falling down. It gently lands on your nose. Imagine a snowflake landing on your finger etc.

DRAWING + PAINTING

Snickle

Write thank you noted to friends.

Friday

Tell story using background and puppets.

Talk about which characters are the most generous?

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Make twig stars

Conversation— make a list of all the things we have that we others have shared with us.

RECIPE

Help to put washing on the line.

CELEBRATE

WEEK ONE

Monday

Story

Tell story using background and puppets.

I wonder what gifts Snickle received. This is a nice way of building on from the story and moving into the next day.

Songs

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Nature Walk

Deliver gifts to forest/bush friends.

These could be bird feeders, food, nest materials (though not twine or string as it can harm the birds) , natural decorations.

Reflection

Walk along and slowly touch different objects. How do they feel?

The idea of this is to bring us into the present moment by using our senses and focusing on them.

Hands & Heart

Use the bread recipe provided for this term or use a recipe of your choosing.

Purposeful Work

Make a gift to give to someone.



CELEBRATE

WEEK ONE

Tuesday

Story

Tell story using background and puppets.

I wonder what happened the next day...

You could explore all sorts ... what did the others think of their gifts? What happened when he gave his gifts out? ...

Songs

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Nature Walk

Take story puppets with you and set up a little tea party.

A familiar way of encouraging play and story exploration. Having th small world outside adds an element of nature and how the Hiddles World really is.

Reflection

Conversation-

What gifts would you give to someone who doesn't have lots of toys and things?

Exploring empathy, compassion, kindness and sharing in this conversation.

Hands & Heart

ART ACTIVITY: Make a Tree of Thanks

Purposeful Work

Make a picture to give to someone.



CELEBRATE

WEEK ONE

Wednesday

Story

Tell story using background and puppets.

Use puppets and props to pretend that it's the next day. This can help your child to explore previously talked about ideas and bring them into the story setting.

Songs

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Nature Walk

Spot sitting. More about spot sitting in the parent guide.

Reflection

Close your eyes and stand tall like an icicle. Breathe deeply.

Hands & Heart

Adult chosen handwork whilst child plays independently.

Purposeful Work

Help a neighbour. Ask them if they have any jobs that they need doing



CELEBRATE

WEEK ONE

Thursday

Story

Tell story using background and puppets.

How else did the Hiddles celebrate? What else did they eat or do?

Songs

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Nature Walk

Light a candle (in a lantern) and say a few words. This could be a few words of gratitude, a reflection, a poem...

Reflection

Close your eyes and imagine a snowflake falling down. It gently land on your nose. Another gently lands on your hand. Etc.

Hands & Heart

DRAWING & PAINTING: Snickle

Purposeful Work

Write thank you notes to friends.



CELEBRATE

WEEK ONE

Friday

Story

Tell story using background and puppets.
Talk about which characters are generous. This could be a conversation about what it means to be generous. Generous with time, with materials, with support.

Songs

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Nature Walk

Make twig stars

Collect twigs of a similar length and tie together at ends to create a five pointed star. Could use elastic bands, sandwich bag twists or string.

Reflection

Make a list of all the things we have that others have shared with us.

Hands & Heart

Choose a recipe for today.

Purposeful Work

Help to put washing on the line.



CELEBRATE

WEEK TWO



Topic : Celebrate Week 2

Story

Focus on story characters

Songs & Verse

Nature Walk

Reflection

Hands & Heart

Purposeful Work

Monday

Tell story using background and puppets.

What do you think the Hiddles are celebrating?

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Draw a chalk heart and fill with treasures.

Go through your senses. What can see? Hear? Touch? Smell?

BREAD RECIPE

Help with going shopping—looking after change purse and helping to count out money.

Tuesday

Tell story using background and puppets.

What celebrations have we had?

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Take a notebook and write a list of all that you are celebrating.

Hold a feather (or other object) and close your eyes. As you breath feel the object, rubbing it gently.

ART ACTIVITY

Decorate a Tree Outdoors.

Help carry bags after shopping or a trip somewhere.

Wednesday

Tell story using background and puppets

Why do people celebrate? Why do the Hiddles like to celebrate?

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Spot sitting. More about spot sitting in the Parent Guide.

Talk to King Winter and tell him all about all that you enjoy and appreciate in Winter.

HANDWORK

Adults chosen handwork whilst child plays independently.

Choose a toy (or ten) that you are happy to donate and share with another child.

Thursday

Tell story using background and puppets

Who is in the story and how do they help?

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Unwrap a special gift in the outdoors.

Conversation- 'how is this different to summer?'

DRAWING + PAINTING

A decorated tree.

Find a good place to put painting to dry.

Friday

Tell story using background and puppets.

Can you remember a time that we give gifts?

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Gather natural materials to use at home when making gifts.

Have a big, long hug and see how you begin to feel calmer.

RECIPE

Tidy up the shoes by the door, putting them into pairs.

CELEBRATE
WEEK TWO

Monday

Story

Tell story using background and puppets.

What do you think the Hiddles are celebrating?

See what your child suggests. You could also suggest a birthday? A religious celebration? Solstice? An achievement?

Songs

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Nature Walk

Draw a chalk heart and fill with treasures.

You could take as long as you want doing this. You could take your time in the way you arrange the treasures. You could gather items before or as you fill the heart.

Reflection

Go through the senses. What can you see? Hear? Smell? Touch?

Hands & Heart

Use the bread recipe provided for this term or use a recipe of your choosing.

Purposeful Work

Help with going shopping— looking after the change purse and helping to carry bags.



CELEBRATE
WEEK TWO

Tuesday

Story

Tell story using background and puppets.

What celebrations have we had? Enjoy chatting about different things you have celebrated in your home. You could also share stories of celebrations before your child was born.

Songs

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Nature Walk

Take a notebook and write a list of all the you are celebrating. Every day there is something worth celebrating. This is just another way of showing gratitude.

Reflection

Hold a feather (or other object) and close your eyes. As you breath feel the object, rubbing it gently.

Hands & Heart

ART ACTIVITY: Decorate a tree outdoors.

Purposeful Work

Help carry bags after shopping or a trip somewhere.



CELEBRATE

WEEK TWO

Wednesday

Story

Songs

Tell story using background and puppets.

Why do people celebrate?

Why do the Hiddles like to celebrate?

They feel proud, they feel happy. They have traditions that mark a special time?

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Nature Walk

Spot sitting. More about spot sitting in the parent guide.

Reflection

Talk to King Winter and tell him all that you enjoy and appreciate in Winter. Another way of expressing a moment of gratitude. You could start this activity by telling your child a little story about King Winter.

Hands & Heart

Adult chosen handwork whilst child plays independently.

Purposeful Work

Choose a toy (or ten) that you are happy to donate and share with another child.



CELEBRATE

WEEK TWO

Thursday

Story

Songs

Tell story using background and puppets.

Who is in the story and how do they help?

A simple recap of the characters and what their roles are in the story.

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Nature Walk

Unwrap a special gift in the outdoors. This could be something very simple, like shell, a pinecone or something you have made. It's a chance for your child to experience what it might be like to be a Hiddle.

Reflection

Conversation—how is this different to summer?

Hands & Heart

DRAWING & PAINTING: A decorated Tree

Purposeful Work

Find a good place to put your painting to dry.



CELEBRATE

WEEK TWO

Friday

Story

Tell story using background and puppets.
Can you remember a time that we gave gifts?

Songs

Verse: Brave and True...

Song: This Little Light of Mine

Song: Winter is Here.

Nature Walk

Gather natural materials to use at home when making gifts. You may have your own gift making plans or you may just want to provide your child with the natural materials you have collected together, along with some tape, papers etc.

Reflection

Have a big, long hug and see how you begin to feel calmer.

Hands & Heart

Choose a recipe for today.

Purposeful Work

Tidy up the shoes by the door, putting them into pairs.



DECORATE
WEEK ONE



Topic : Decorate Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Story Focus: Sharing ideas	Tell story using background and puppets. Why do we decorate our homes?	Tell story using background and puppets. What ways do we decorate? Clothes, ornaments...	Tell story using background and puppets. What would you use to decorate your room?	Tell story using background and puppets. What makes something beautiful?	Tell story using background and puppets. What have you ever lost?
Songs & Verse	Verse: Brave and True I Will Be Wish For the Fields Mitten Rhyme. Make a wreath	Verse: Brave and True I Will Be Wish For the Fields Mitten Rhyme. Gather natural materials to make a small world scene at home.	Verse: Brave and True I Will Be Wish For the Fields Mitten Rhyme. Spot sitting.	Verse: Brave and True I Will Be Wish For the Fields Mitten Rhyme. Take a piece of string and make a nature garland.	Verse: Brave and True I Will Be Wish For the Fields Mitten Rhyme. Make nature art. Andy Goldsworthy is great inspiration.
Nature Walk	Take deep breaths to ten.	Imagine a tree covered in decorations.	Full body check. Close eyes, how do your hands feel, arms, neck, shoulders...	Place a leaf on your child's head. Try sitting very still and breathing.	Throughout your walk have a little signal which means 'deep breath everyone'.
Reflection	BREAD RECIPE	ART ACTIVITY Craft Orange Pomanders	HANDWORK Its chosen handwork whilst child plays independently.	DRAWING + PAINTING decorations	RECIPE
Hands & Heart	Help brushing up after wreath making.	Lay the table for morning snack time.	Give a decoration to a neighbour.	Make the bed in the morning.	Help to wash and dry after recipe making.
Purposeful Work					

DECORATE
WEEK ONE

Monday

Story

This week's focus is sharing ideas.
Tell story using background and puppets.
Why do we decorate our homes?

Songs

Verse: Brave and True I Will Be
Wish for The Fields
Mitten Rhyme

Nature Walk

Make a wreath. Gather long stems of leaves and the likes. Twist the longest stem into a circle, wrapping it around it-self. Use other twigs, berries, leaves etc to weave into the main circle.

Reflection

Take deep breaths to ten.

Hands & Heart

Use the bread recipe provided for this term or use a recipe of your choosing.

Purposeful Work

Help brushing up after wreath making.



DECORATE

WEEK ONE

Tuesday

Story

Tell story using background and puppets.

Which ways do we decorate? Clothes, ornaments...

There are many ways we decorate the world and it's a broad topic for sharing ideas.

Songs

Verse: Brave and True I Will Be

Wish for The Fields

Mitten Rhyme

Nature Walk

Gather natural materials to make a small world scene at home. Pebbles, leaves, sticks, twigs, pinecones, seed heads, etc. At home you can arrange them within vases and on fabrics to create a small world scene.

Reflection

Imagine a tree covered in decorations.

This visualisation could start as an empty tree and slowly we visualise decorations being put on the tree one by one.

Hands & Heart

ART ACTIVITY: Craft Orange Pomanders

Purposeful Work

Lay the table for morning snack time.



DECORATE

WEEK ONE

Wednesday

Story

Songs

Tell story using background and puppets.

What would you use to decorate your home? What if you were a Hiddle, would you use the same things?

Verse: Brave and True I Will Be

Wish for The Fields

Mitten Rhyme

Nature Walk

Spot sitting. More about spot sitting in the parent guide.

Reflection

Full body check. Close eyes, how do your hands feel. Arms, neck, shoulders...

This is a relaxation which encourages us to notice how each part of our body feels and then allow it to relax.

Hands & Heart

Adult chosen handwork whilst child plays independently.

Purposeful Work

Give a decoration to a neighbour.



DECORATE

WEEK ONE

Thursday

Story

Tell story using background and puppets.

What makes something beautiful? This is a very open question to encourage descriptive language and communicating ideas. What does beautiful look like?

Songs

Verse: Brave and True I Will Be

Wish for The Fields

Mitten Rhyme

Nature Walk

Take a piece of string and make a nature garland. You may also want to take a wide eye needle. You could thread leaves on, tie seed pods and nut shells on.

Reflection

Place a leaf on your child's head. Try sitting very still and breathing. You could model this to your child and they could also try placing the leaf on your head.

Hands & Heart

DRAWING & PAINTING: Decorations

Purposeful Work

Make the bed in the morning.



DECORATE

WEEK ONE

Friday

Story

Tell story using background and puppets. What have you ever lost? You could tell a story to your child of a time that you lost something. They may remember losing something themselves and wish to share that story.

Songs

Verse: Brave and True I Will Be

Wish for The Fields

Mitten Rhyme

Nature Walk

Make nature art. Andy Goldsworthy is great inspiration. Gathering materials and creating art with them is such a creative experience and our creativity seems heightened by being out in nature.

Reflection

Throughout your walk (or day) have a little signal which means 'deep breath everyone'. This could be a little bell or a sound or hand gesture. Whenever you do this signal everyone will know to take a deep breath.

Hands & Heart

Choose a recipe for today.

Purposeful Work

Help to wash and dry after recipe making.



DECORATE
WEEK TWO



Topic : Decorate Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Story Focus: Sharing ideas	Tell story using background and puppets. What materials could we collect?	Tell story using background and puppets. What makes a place ugly/beautiful, bright/dark?	Tell story using background and puppets. What does it feel like to make something? Remember when we have made something.	Tell story using background and puppets. When have we worked together to make something?	Tell story using background and puppets. Let's pretend we live in Hiddle House. What does it look like?
Songs & Verse	Verse: Brave and True I Will Be Wish For the Fields Mitten Rhyme.	Verse: Brave and True I Will Be Wish For the Fields Mitten Rhyme.	Verse: Brave and True I Will Be Wish For the Fields Mitten Rhyme.	Verse: Brave and True I Will Be Wish For the Fields Mitten Rhyme.	Verse: Brave and True I Will Be Wish For the Fields Mitten Rhyme.
Nature Walk	Take an egg box with you and collect pinecones and nuts to turn into decorations.	Decorate a tree trunk using clay and leaves. Use clay to stick leaves onto trunk.	Spot sitting. More about spot sitting in the Parent Guide.	Paint a leaf and take it home.	Create a natural weaving loom between two trees.
Reflection	Give thanks for the beauty around us.	Visualise/imagine a very beautiful room full of decorations. After opening eyes you could describe what you each saw.	List all the beauty and 'decorations' that you see around you.	Talk about a time that you helped another person.	Hold hand in front of mouth and feel breath as you breathe in and out.
Hands & Heart	BREAD RECIPE	ART ACTIVITY Clay Decorations.	HANDWORK Adults chosen handwork whilst child plays independently.	DRAWING + PAINTING A wreath	RECIPE
Purposeful Work	Tidy away toys after play.	Help to set up the art activity	Help in preparing snacks.	Water plants in home.	Choose songs to sing after mealtime / before bed.

DECORATE
WEEK TWO

Monday

Story

This week's focus is sharing ideas.

Tell story using background and puppets.

What materials could we collect? Discuss ideas of things you could collect to make ornaments, gifts etc.

Songs

Verse: Brave and True I Will Be

Wish for The Fields

Mitten Rhyme

Nature Walk

Take an egg box with you and collect pinecones and nuts to turn into decorations.

An egg box is a simple way of seeing what you have gathered, playing with arrangements and counting .

Reflection

Give thanks for the beauty around us.

A moment of gratitude for all natural things. You can say some of the things you can see which you think are beautiful.

Hands & Heart

Use the bread recipe provided for this term or use a recipe of your choosing.

Purposeful Work

Tidy away toys after play.



DECORATE

WEEK TWO

Tuesday

Story

Tell story using background and puppets.

What makes a place ugly/beautiful, bright/dark? Open conversation. Consider opposites as these help children to grasp a concept.

Songs

Verse: Brave and True I Will Be

Wish for The Fields

Mitten Rhyme

Nature Walk

Decorate a tree trunk using clay and leaves. Use clay to stick onto trunk.

You can play with rainbow patterns with older children.

Reflection

Visualise/ imagine a very beautiful room full of decorations. After opening your eyes you could describe what you each saw.

Hands & Heart

ART ACTIVITY: Clay Decorations.

Purposeful Work

Help to set up the art activity.



DECORATE

WEEK TWO

Wednesday

Story

Songs

Tell story using background and puppets.

What does it feel like to make something?

Remember when we have made something. You could discuss feeling proud, happy, excited to share...

Verse: Brave and True I Will Be

Wish for The Fields

Mitten Rhyme

Nature Walk

Spot sitting. More about spot sitting in the parent guide.

Reflection

List all the beauty and 'decorations' that you see around you. Nature's decorations could include leaves, berries, nests, flowers, frost, to name a few.

Hands & Heart

Adult chosen handwork whilst child plays independently.

Purposeful Work

Help in preparing snack.



DECORATE

WEEK TWO

Thursday

Story

Tell story using background and puppets.
When have we worked together to make something?

Songs

Verse: Brave and True I Will Be
Wish for The Fields
Mitten Rhyme

Nature Walk

Paint a leaf and take it home.
Watercolours work well on nature as the gentle tones blend in nicely with autumn dried leaves.

Reflection

Talk about a time that you helped another person. This could be when you've helped each other or when you've helped a neighbour, friend etc.

Hands & Heart

DRAWING & PAINTING: A wreath

Purposeful Work

Water plants in the home.



DECORATE

WEEK TWO

Friday

Story

Tell story using background and puppets.
Let's pretend we live in Hiddle House.
What does it look like? Use lots of
prompts...what does the bed look like?
What does the door look like? Is the kitchen messy or tidy?

Songs

Verse: Brave and True I Will Be
Wish for The Fields
Mitten Rhyme

Nature Walk

Create a natural weaving loom between two trees. Tie long strings between trees to create a loom going across between two trees. You can then weave long natural items such as grasses, leaves, twigs vertically between the horizontal strings.

Reflection

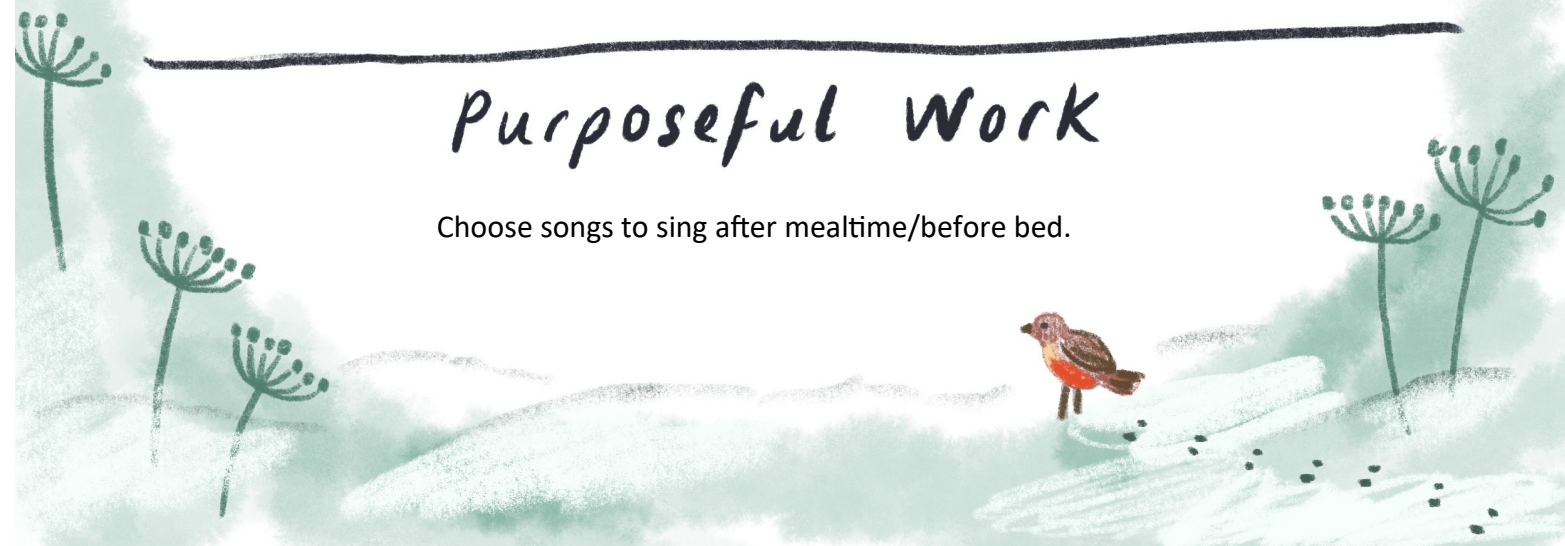
Hold hand in front of your mouth and feel breath as you breath in and out.

Hands & Heart

Choose a recipe for today.

Purposeful Work

Choose songs to sing after mealtime/before bed.



SNOW + FROST

WEEK ONE



Topic : Snow + Frost

Week 1

Story

Focus on events in story

Songs & Verse

Nature Walk

Reflection

Hands & Heart

Purposeful Work

Monday

Tell story using background and puppets.

Can you think of a time we didn't know what to do?

Song: oh where do you come from ...

Finger play: I can build a snowman

Wish for the Fields

Snowflakes on black paper

OR

Pretend to go sledding

What's the coldest thing?

BREAD RECIPE

Polish toys with beeswax

Tuesday

Tell story using background and puppets.

Can you think of a time our friends helped us?

Song: oh where do you come from ...

Finger play: I can build a snowman

Wish for the Fields

Search for liddles

OR

Set up a smallworld play for 'cold animals'

If you have snow (if not you could use a bowl of dried lentils at home), pick up a handful and let it fall from your hand. Repeat.

ART ACTIVITY

Make winter sun catchers.

Clean and tools you use for artwork.

Wednesday

Tell story using background and puppets.

Before story 'What happens in this story?'

Song: oh where do you come from ...

Finger play: I can build a snowman

Wish for the Fields

Spot sitting. More about spot sitting in the Parent Guide.

What are you grateful for today?

HANDWORK

Adults chosen handwork whilst child plays independently.

Set the table, deciding who is sitting where.

Thursday

Tell story using background and puppets

What is snow?

Song: oh where do you come from ...

Finger play: I can build a snowman

Wish for the Fields

Hang ice wreaths and see how they change

OR

Make sensory iceplay

Close your eyes and imagine a blanket of snow. All is quiet. Slowly we crunch through the snow....

DRAWING + PAINTING

Ice.

Make each seat comfortable with plump cushions and blankets for a cosy night.

Friday

Tell story using background and puppets.

What would you do in the snow?

Song: oh where do you come from ...

Finger play: I can build a snowman

Wish for the Fields

Ice sensory play inside or outside

OR

Paper snowflakes

Slowly look around you. What do you notice? How do you feel?

RECIPE

Help a grown up fold up the blankets.

SNOW + FROST

WEEK ONE

Monday

Story

This week's focus is events in the story.
Tell story using background and puppets.
Can you think of a time we didn't know what to do? Who helped us? How did we figure it out?

Songs

Song: Oh where do you come from...
Finger Play: I can build a snowman...
Wish for the Fields.

Nature Walk

Snowflakes on black paper

OR

Pretend to go sledding on grassy hills or sand dunes.

Reflection

Reflective Conversations:

What's the coldest thing? An open question for talking about the cold.

Hands & Heart

Use the bread recipe provided for this term or use a recipe of your choosing.

Purposeful Work

Polish toys with beeswax.



SNOW + FROST

WEEK ONE

Tuesday

Story

This week's focus is events in the story.

Tell story using background and puppets.

Can you think of a time our friends helped us?

Songs

Song: Oh where do you come from...

Finger Play: I can build a snowman...

Wish for the Fields.

Nature Walk

Search for icicles

OR

Set up a small world for 'cold animals'

Reflection

Reflective Conversations:

If you have snow (if not you could use a bowl of dried lentils at home), pick up a handful and let it fall from your hand. Repeat. This activity is repetitive and brings us into the moment.

Hands & Heart

ART ACTIVITY: Make Winter Sun Catchers

Purposeful Work

Clean tools you use for artwork.



SNOW + FROST

WEEK ONE

Wednesday

Story

Tell story using background and puppets.
Before story 'What happens in this story?'

Songs

Song: Oh where do you come from ...
Finger play... I can build a snowman
Wish for the fields.

Nature Walk

Spot sitting. More about spot sitting in the
parent guide.

Reflection

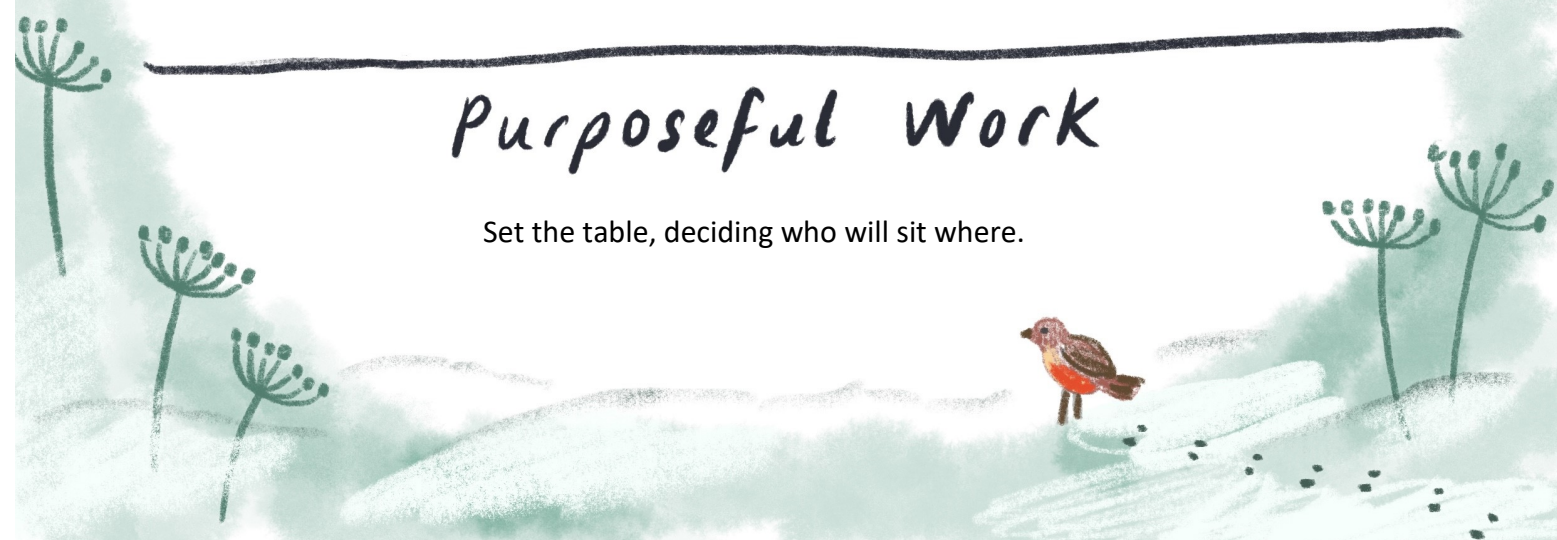
What are you grateful for today?

Hands & Heart

Adult chosen handwork whilst child plays independently.

Purposeful Work

Set the table, deciding who will sit where.



SNOW + FROST

WEEK ONE

Thursday

Story

Tell story using background and puppets.

What is snow?

Songs

Song: Oh where do you come from...

Finger Play: I can build a snowman...

Wish for the Fields.

Nature Walk

Hang ice wreaths and see how they change

OR

Make sensory iceplay

Reflection

Close your eyes and imagine a blanket of snow. All is quiet. Slowly we crunch through the snow...

Hands & Heart

DRAWING & PAINTING: Ice

Purposeful Work

Make each seat comfortable with plump cushions and blankets for a cosy night.



SNOW + FROST

WEEK ONE

Friday

Story

Tell story using background and puppets.
What would you do in the snow?

Songs

Song: Oh where do you come from...

Finger Play: I can build a snowman...

Wish for the Fields.

Nature Walk

Ice sensory play inside or out

OR

Paper snowflakes

Reflection

Slowly look around you. What do you notice? How do you feel?

Hands & Heart

Choose a recipe for today.

Purposeful Work

Help a grown up to fold the blankets.



SNOW + FROST

WEEK TWO



Topic : Snow + Frost Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
Story Focus on the events of the story		Tell story using background and puppets. Have we seen snow?	Tell story using background and puppets. What happened in the story?	Tell story using background and puppets. What do people do in the snow?	Tell story using background and puppets. 'How else could the animals get them out?'	Tell story using background and puppets. During story ask 'what will they do now?'
	Songs & Verse	Song: oh where do you come from ... Finger play: I can build a snowman Wish for the Fields	Song: oh where do you come from ... Finger play: I can build a snowman Wish for the Fields	Song: oh where do you come from ... Finger play: I can build a snowman Wish for the Fields	Song: oh where do you come from ... Finger play: I can build a snowman Wish for the Fields	Song: oh where do you come from ... Finger play: I can build a snowman Wish for the Fields
Nature Walk		Make ice cream in the snow OR Make ice cream in your freezer.	Make your own frost using a can salt and ice.	Spot sitting: More about spot sitting in the Parent Guide.	Make tracks in the snow using sticks, stones, hands etc. OR Make snowflake pictures.	Make a snow globe using a jam jar.
Reflection		Imagine you are an icicle. With every breath a drop drips away. Talk your child through this visualisation.	Stand still in a place and breath in, hold for a moment, breath out... hand on stomach and do it again.	Close you eyes and notice if you can smell anything? The earth, the soil, damp, plants?	What 's it like to be a snowflake? Where do snowflakes come from?	Give thanks for the snow/ weather. Talk about all it is good for and what you are grateful for.
Hands & Heart		BREAD RECIPE	ART ACTIVITY Paper Snowflake using water-colours and candles.	HANDWORK Adults chosen handwork whilst child plays independently.	DRAWING + PAINTING Snowflakes.	RECIPE
Purposeful Work		Dust a shelf in the home.	Make a snack for everyone.	Use spray and cloth to clean a floor alongside grown up.	Gather seedheads to place on the table.	Tidy away clothes at bedtime.

SNOW + FROST

WEEK TWO

Monday

Story

This week's focus is building vocabulary
Tell story using background and puppets.
Have you seen snow? If your family has seen snow you can chat about the experience. If you haven't you could talk about a place you visited which was cold.

Songs

Song: Oh where do you come from ...

Finger play... I can build a snowman

Wish for the fields.

Nature Walk

Make ice cream in the snow

OR

Make ice cream in your freezer

Reflection

Imagine you are an icicle. With every breath a drop drips away. Talk your child through this visualisation.

Hands & Heart

Use the bread recipe provided for this term or use a recipe of your choosing.

Purposeful Work

Dust a shelf in the home.



SNOW + FROST

WEEK TWO

Tuesday

Story

Tell story using background and puppets.

Can you think of a time our friends helped us?

Songs

Song: Oh where do you come from...

Finger Play: I can build a snowman...

Wish for the Fields.

Nature Walk

Make your own frost using a can , ice and salt. Half fill an empty clean can with ice and add some salt and water. Frost should form on the outside of the can.

Reflection

Stand still in a place and breath in, hold for a moment , breath out...hand on stomach and do it again.

Hands & Heart

ART ACTIVITY: Paper snowflakes using watercolours and candles.

Purposeful Work

Make a snack for everyone.



SNOW + FROST

WEEK TWO

Wednesday

Story

Tell story using background and puppets.

What do people do in the snow? How do different weathers effect what we do?

Songs

Song: Oh where do you come from...

Finger Play: I can build a snowman...

Wish for the Fields.

Nature Walk

Spot sitting. More about spot sitting in the parent guide.

Reflection

Close your eyes and notice if you can smell anything? The earth, the soil, damp, plants? Bring yourselves into the present moment by focusing on our senses,

Hands & Heart

Adult chosen handwork whilst child plays independently.

Purposeful Work

Use spray and cloth to clean a floor alongside a grown up.



SNOW + FROST

WEEK TWO

Thursday

Story

Tell story using background and puppets.
During the story ask 'How else could the animals get them out?

Songs

Song: Oh where do you come from ...
Finger play... I can build a snowman
Wish for the fields.

Nature Walk

Make tracks in the snow using sticks,
stones, hands etc

OR

Make snowflake pictures.

Reflection

What's it like to be a snowflake?

Hands & Heart

DRAWING & PAINTING: Snowflake

Purposeful Work

Gather seed heads to place on the table.



SNOW + FROST

WEEK TWO

Friday

Story

Tell story using background and puppets.
During story ask 'what will they do now?'

Songs

Song: Oh where do you come from ...
Finger play... I can build a snowman
Wish for the fields.

Nature Walk

Make a snow globe using a jam jar. Use a clean jam jar, inside the lid stick a model or toy, fill jar with water and 'nature glitter' (berries, flower petals etc) . Screw lid on tightly and tape around lid to stop it from opening. Shake your nature snow globe.

Reflection

Give thanks for the snow/weather. Talk about all it is good for and what you are grateful for.

Hands & Heart

Choose a recipe for today.

Purposeful Work

Tidy away clothes at bedtime.



WARMTH
WEEK ONE



Topic : Warmth Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Story Focus on building vocabulary	Tell story using background and puppets. Conversation Starter: What's it feel like when we are warm? Using lots of descriptive words.	Tell story using background and puppets. What do we do to keep warm?	Tell story using background and puppets. Let's talk about a time when we felt cold.	Tell story using background and puppets. Make a list of things that keep you warm. Choose a favourite and describe it.	Tell story using background and puppets. What makes us hot / cold?
Songs & Verse	Verse: Jack Frost Mitten Rhyme Song: Winter is here.	Verse: Jack Frost Mitten Rhyme Song: Winter is here.	Verse: Jack Frost Mitten Rhyme Song: Winter is here.	Verse: Jack Frost Mitten Rhyme Song: Winter is here.	Verse: Jack Frost Mitten Rhyme Song: Winter is here.
Nature Walk	Look to see if any animals are eating. Berries, grubs, nuts, worms?	Use golden coloured leaves, twigs and stones to make a play campfire.	Spot sitting. More about spot sitting in the Parent Guide.	Pack tasty snacks and talk about keeping warm by eating.	At the end of your nature walk talk about going inside to stay warm. Talk about animals that stay warm in their 'homes'.
Reflection	What can you hear? Listen carefully with your eyes closed.	Do animals feel warm? When do animals feel warm or cold? Where do they go when they feel warm/cold?	Give thanks for today and the warmth you feel. Can talk about what we're wearing, tea we're drinking etc.	Close your eyes and imagine a big blanket wrapped around you. Snuggle down into your blanket. Breathe deeply.	Take deep breaths. Notice how your body moves. Have your hands on your stomach, then your chest, then your head.
Hands & Heart	BREAD RECIPE	ART ACTIVITY Make centre pieces.	HANDWORK Adults chosen handwork whilst child plays independently.	DRAWING + PAINTING A candle	RECIPE
Purposeful Work	Sweep the area around the door.	Set the table like the Hiddles would, with your centre piece taking pride of place.	Wash the vegetables before snack or meal time.	Sort clean laundry into 'person piles'	Take a gift to a neighbour (perhaps a portion from today's recipe)

WARMTH
WEEK ONE

Monday

Story

This week's focus is building vocabulary
Tell story using background and puppets.
Conversation starter: What's it feel like
when we are warm? Using lots of descrip-
tive words.

Songs

Verse: Jack Frost
Mitten Rhyme
Song: Winter is here

Nature Walk

Look to see if any animals are eating. Ber-
ries, grubs, nuts, worms? Look high, low
and all around. You'll probably need to sit
quietly and you may want to take some
binoculars with you.

Reflection

What can you hear? Listen carefully with
your eyes closed.

Hands & Heart

Use the bread recipe provided for this term or use a recipe of your choosing.

Purposeful Work

Sweep the area around the door.



WARMTH
WEEK ONE

Tuesday

Story

Tell story using background and puppets.
What do we do to keep warm?

Songs

Verse: Jack Frost
Mitten Rhyme
Song: Winter is here

Nature Walk

Use golden coloured leaves, twigs and stones to make a play campfire. You could stack twigs up into a pyramid and place golden leaves on the top and stones around the edge.

Reflection

Do animals feel warm? When do animals feel warm or cold? Where do they go when they feel warm/cold?

Hands & Heart

ART ACTIVITY: Make centre pieces.

Purposeful Work

Set the table like the Hiddles would, with your centre piece taking pride of place.



WARMTH

WEEK ONE

Wednesday

Story

Songs

Tell story using background and puppets.
Let's talk about a time when we felt cold.
Or you could talk about a time you felt
warm. Or different times of warmth and
cold.

Verse: Jack Frost

Mitten Rhyme

Song: Winter is here

Nature Walk

Spot sitting. More about spot sitting in the
parent guide.

Reflection

Give thanks for today and the warmth you
feel. Can talk about what we're wearing,
tea we're drinking etc.

Hands & Heart

Adult chosen handwork whilst child plays independently.

Purposeful Work

Wash the vegetables before snack or mealtime.



WARMTH

WEEK ONE

Thursday

Story

Songs

Tell story using background and puppets.

Make a list of things that keep you warm.
Choose a favourite and describe it. Why is
that your favourite? What does it feel
like? What do you enjoy about it?

Verse: Jack Frost

Mitten Rhyme

Song: Winter is here

Nature Walk

Pack tasty snacks and talk about keeping
warm by eating. Talk about which foods
help to keep you warm and which help o
keep you cool.

Reflection

Close your eyes and imagine a big blanket
wrapped around you. Snuggle down into
your blanket. Breath deeply.

Hands & Heart

DRAWING & PAINTING: A candle.

Purposeful Work

Sort clean laundry into 'person piles'



WARMTH

WEEK ONE

Friday

Story

Tell story using background and puppets.

What makes us hot/cold? Talk about how those things do that—in a very open, non explanatory way.

Songs

Verse: Jack Frost

Mitten Rhyme

Song: Winter is here

Nature Walk

At the end of your walk talk about going indoors to be warm and about animals that stay warm in their 'homes'

Reflection

Take deep breaths. Notice how your body moves. Have your hands on your stomach, then your chest, then your head.

Hands & Heart

Choose a recipe for today.

Purposeful Work

Take a gift to a neighbour (perhaps a portion from today's recipe).



WARMTH

WEEK TWO



Topic : Warmth Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Story Focus on vocabulary	Tell story using background and puppets. Describe the winter.	Tell story using background and puppets. Encourage your child to tell the story.	Tell story using background and puppets. Talk about what happened in the story.	Tell story using background and puppets. Talk about what the characters were doing.	Tell story using background and puppets. How is fire made?
Songs & Verse	Verse: Jack Frost Mitten Rhyme Song: Winter is here.	Verse: Jack Frost Mitten Rhyme Song: Winter is here.	Verse: Jack Frost Mitten Rhyme Song: Winter is here.	Verse: Jack Frost Mitten Rhyme Song: Winter is here.	Verse: Jack Frost Mitten Rhyme Song: Winter is here.
Nature Walk	When getting ready for walk talk about layers to keep warm.	Take your homemade campfire to the woods.	Spot sitting: More about spot sitting in the Parent Guide.	Notice any animals and talk about how they are keeping warm.	Do an exercise activity and talk about how you feel. Eg heart beating, feeling warm.
Reflection	What can you see? Take a quiet look around you.	What would it be like if we didn't have ways of keeping warm?	Close your eyes and imagine a warm fire. How does it feel?	Rub your hands together and warm them up. Place your warm hands on your eyelids and take in three deep breaths.	Give thanks for all the ways you are able to stay warm.
Hands & Heart	BREAD RECIPE	ART ACTIVITY Paper bonfire	HANDWORK Adults chosen handwork whilst child plays independently.	DRAWING + PAINTING A fire.	RECIPE
Purposeful Work	Feed any pets.	Find a good place to display bonfire model.	Stack reading books.	Washing paintbrushes after painting session.	Slice vegetables for morning snack.

WARMTH

WEEK TWO

Monday

Story

This week's focus is building vocabulary

Describe the winter. Adult to model doing this and child can join in. You can also make comparisons between summer and winter,

Songs

Verse: Jack Frost

Mitten Rhyme

Song: Winter is here

Nature Walk

When getting ready for walk talk about layers to keep warm. Talk about how animals don't have clothes, and so what do they do?

Reflection

What can you see? Take a quiet look around you. Does anything catch your attention? Why did it catch your attention?

Hands & Heart

Use the bread recipe provided for this term or use a recipe of your choosing.

Purposeful Work

Feed any pets or put bread out for the birds.



WARMTH

WEEK TWO

Tuesday

Story

Tell story using background and puppets.

Encourage your child to tell the story afterwards and recall key events.

Songs

Verse: Jack Frost

Mitten Rhyme

Song: Winter is here

Nature Walk

Take your homemade campfire to the woods/bush if possible. Or make a simple play one whilst there, using sticks. You could pretend to use the campfire to boil water and sing songs around it.

Reflection

What would it be like if we didn't have ways of keeping warm?

Hands & Heart

ART ACTIVITY: Paper bonfire

Purposeful Work

Find a good place to display bonfire model.



WARMTH

WEEK TWO

Wednesday

Story

Songs

Tell story using background and puppets.
Talk about what happened in the story.

Verse: Jack Frost

Mitten Rhyme

Song: Winter is here

Nature Walk

Spot sitting. More about spot sitting in the
parent guide.

Reflection

Close your eyes and imagine a warm
campfire. How does it feel?

Hands & Heart

Adult chosen handwork whilst child plays independently.

Purposeful Work

Stack reading books.



WARMTH

WEEK TWO

Thursday

Story

Songs

Tell story using background and puppets.

Talk about what the characters were doing. Recalling the main characters and how they helped the Hiddles. Can also talk about what the Hiddles were doing.

Verse: Jack Frost

Mitten Rhyme

Song: Winter is here

Nature Walk

Notice any animals and talk about how they are keeping warm. Could take binoculars and try to spot animals. Can also watch birds and see how they keep warm.

Reflection

Rub your hands together and warm them up. Place your hands on your closed eyelids and take in three deep breaths.

Hands & Heart

DRAWING & PAINTING: A fire

Purposeful Work

Washing paintbrushes after painting session.



WARMTH

WEEK TWO

Friday

Story

Tell story using background and puppets.

How is fire made? An open question to explore language and vocabulary.

Songs

Verse: Jack Frost

Mitten Rhyme

Song: Winter is here

Nature Walk

Do an exercise activity such as running or jumping and talk about how you feel eg. Heart beating, feeling warm .

Reflection

Give thanks for all the ways you are able to stay warm.

Hands & Heart

Choose a recipe for today.

Purposeful Work

Slice vegetables for morning snack.

