

21st January 2022

Spotlight on : Yoga

Yoga with children is a powerful tool. When they reach school-age, children are expected to sit still and learn in the classroom.

At Little Crackers, we start to teach children the skills that will enable them to concentrate when they are ready to do so.

Yoga is a magical way to teach them how to self-regulate their emotions, it can also help to build gross motor skills and by improving the communication between the brain, the nervous system and the body, it can improve a child's ability to sit still, to engage with the lessons at school, and to enjoy every activity.

If you would like to know more, here is an interesting article with plenty ideas on how to start...

Here are 10 ways to explore yoga with children so that they enjoy it and gain the powerful benefits of this strength-building practice.

<https://www.famly.co/blog/10-ways-to-explore-yoga-with-children>



Joke of the week:



What kind of fish do penguins catch at night?



Starfish!!!!

What do we do when...

Monday: PE in the afternoon with Mrs Thomas, outside fun for everyone

Rugby Tots in the afternoon - ask if your child wants to join in, there is a cost involved but all ages are welcome

Tuesday: everyone joins Mrs Olden in the hall in the morning for **Music**

Wednesday: the Badgers head outside in the morning for **Forest School**

Friday: in the morning the Badgers join in with the Celebration Assembly

and don't forget...

If you're poorly - stay at home until you're better x

Calpol: 24hrs at home

Sickness: 48hrs at home

Anti-biotics: 48hrs at home

Important Note

Dates to remember...

Half Term (term time only children)
Monday 21st to Friday 25th February



Dress up for Number Day!!!

Friday 4th February