

## Home Learning Challenge!

Welcome back to Keswick House Nursery. We hope you have had a lovely and restful Christmas, despite the tricky circumstances.

This week's home learning challenge will focus on health and self-care and fun ways that you can encourage your child to develop their understanding of basic hygiene and why it is important to stay clean!



### Set Up a Face Washing Station

In any year, winter is probably the season that keep parents and teachers on their toes; it feels like our days become filled with chasing children and wiping their noses, just to repeat a few minutes later! This can also be a good learning point for your child though and a key opportunity to develop their independence skills. Find an area (or multiple areas so you're never caught out!) of your house (maybe bathroom, child's bedroom, living room) and set up a small table with a box of tissues or face wipes, a small bin, a mirror and some antibacterial hand gel (or some of their favourite hand soap if in an area with a sink). When your child needs to wipe their nose, take them to this station and get them to have a try at wiping their face independently, looking into the mirror to check that they are clean, before putting the tissue in the bin and giving their hands a clean. The children will probably need a little help with this but it is such a good way to build independence skills and help them make the link between having a runny nose or dirty face and the movements that they need to clean themselves. We have 'snuffle stations' at school.



## Washing off the Germs

Another wonderful activity for children involves wiping 'germs' off of a water-filled rubber or latex glove! Fill a rubber or latex glove with water, then tie. Draw some 'germs' (just dots and marks) on the glove using a felt tip or washable pen, then challenge your child to wash off all of the germs using soap, cloths, brushes etc. This can be extended to develop maths skills by getting the children to count how many germs are on the glove, or timing how long it takes to clean all of the germs off! Here is a link to a fun NHS endorsed song to help children learn how to wash their own hands properly <https://www.youtube.com/watch?v=S9VjeIWLnEg>



## Why Soap Works experiment

This is an exciting experiment that children of all ages can enjoy! It's so simple to do as well-all you need is some ground black pepper, some water, and some hand soap.

Put some water in a bowl (not all the way to the top) then sprinkle some ground black pepper onto it. It should float to the top. Get your child to dip their finger into the water. Does anything happen to the pepper? Next, dry your child's finger and put some soap onto it. What happens now? Is the outcome different or the same?

