



# Little Acorns @ St Matthew's



forest school - messy play - mindfulness



- At 11.45am we wash our hands and go into the big school hall to eat our lunch.
- We can bring a packed lunch or have a school dinner.
- We go into the hall before all the other children so it's nice & quiet.
- After lunch, we go outside to play with the Reception children.
- There is always a grown-up just for us, who stays with us when we eat & when we go outside.



- At 1pm we go back into the Nursery classroom where Mrs Morris or Mrs Williams is waiting for us.<sup>1</sup>
- We wash our hands, go to the toilet and have a big drink after all that running around!

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<sup>1</sup> adult-child ratio during lunchtime is 1:8, adult-child ratio after lunchtime until end of session is 1:4

- Then it's time to relax on our beanbags and listen to some calm, soothing music.
- We often spend some time in a talking circle, practise our brain gym exercises or even try some meditation!
- At 1.20pm we wake ourselves up with some dancing, shaking and stretching.



- At 1.30pm it's time to head out onto the field for Forest School.
- There is so much to explore and discover; we love to build dens, fly kites, blow bubbles and hunt for minibeasts!
- We also like to sing, dance, listen to stories and retell them.
- We take our water bottles onto the field and we have a snack there<sup>2</sup>.
- If we need to go to the toilet when we're on the field, one of our two grown-ups will quickly pop back to the classroom with us.




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<sup>2</sup> Children understand there must be 'no picking, no licking' when on the field and hand wipes are used to wash hands before eating snacks.







- If it's raining, we still go to the field for Forest School<sup>3</sup> but we'll probably return to the classroom a little earlier than usual.
- If it's not raining, we'll return to the classroom around 3pm.
- There's usually some time to play turn-taking games, speaking & listening games or do some puzzles.



- We also love listening to stories and, if there's time, we'll hear another story before it's time to get ready to go home.
- If it's a rainy day, we'll do some messy play in the classroom, which we love!



- At 3.30pm, it's hometime - what a busy afternoon we've had!

<sup>3</sup> Welly boots, waterproof coats and waterproof trousers are essential for rainy days.