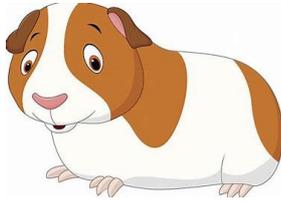


Welcome back to the Animal Nursery. We hope you enjoy the tale for today.



Robert



Gwen



Debbie



Scott



Rosie



George



Mabel



Bertie



Simon



Terry



Coco



Felicity



Martin



Dana



Henry



Saffron

The Tale of Health Week

The animals were all so excited this week as it was health week at the nursery. Health week was always very popular as it was full of fun activities. Mrs Bear and Mrs Hippo had both dressed for the occasion. Mrs Bear was wearing a blue tracksuit while Mrs Hippo was sporting a purple headband and purple stripey trainers. "Morning Mrs Bear and Mrs Hippo, I've got my new super fast trainers on, they are Paw Patrol ones! I got them from Asda at the Fort", said Scott, happily. "I'm wearing my trainers too!, they light up when you stamp down on the ground, look! I love them because they have orange stars, orange is my most favourite colour", said Dana. "Your trainers are wonderful and just perfect for this week," said Mrs Bear and Mrs Hippo kindly.

A weekly timetable of activities for health week had been written in consultation with all the animals. At together time last week everyone was asked for suggestions of what they would like to do. Mrs Bear and Mrs Hippo had also written the word surprise on certain days on the timetable. The animals were so excited and had enjoyed guessing what the surprises might be. Rosie thought it might be a roller skate disco as she had been learning to roller skate. Terry thought it might be a barbecue as he had one in the garden at the weekend and had especially liked corn on the cob. Martin hoped it might be a banana themed snack with yummy banana muffins, banana bread and banana milkshake.

The first thing on the timetable was dancing. The animals loved to dance so much and because they had loved the "Giraffes Can't Dance" story that Mrs Bear had read last week they wanted to have a dance party. Henry had enjoyed showing his friends his great moves that he had learned at his hip hop class. Everyone tried to copy Henry's moves even Mrs Bear and Mrs Hippo! They had great fun. Coco showed everyone her Irish Dancing. Rosie and Robert liked the cha cha cha and thought it could be the choo choo choo dance too like a train.

At the dance party they started off by doing their stretches. Mrs Bear asked if anyone would like to be the stretches instructor, Saffron bleated excitedly to indicate that she would love to do it. Mrs Hippo had found an old microphone in the shed and kindly gave it to Saffron. In a loud and important voice Saffron said "come on everyone stretch up as tall as you can, then crouch down and make yourself as small as you can". "I can nearly touch the sky!", said George laughing. "Now make yourself as wide as you can and then make yourself as narrow as you can.". Everyone gave Saffron a cheer for being such a wonderful instructor.

Then all the animals got the chance to be a DJ cool sunglasses and big padded earphones were available to wear. Mrs Bear provided lots of CD's that the animals could choose from. Robert went first and selected some Scottish bagpipe music which inspired the animals to march. Then Bertie chose the Flight of the Bumblebee by the composer Nikolai Rimsky-Korsakov. "This music is very busy and makes me fly around the garden so quickly. I love it" said Bertie happily. Dana chose very fast salsa music which inspired the animals to twirl and spin around very quickly. Terry chose some drumming music. Mrs Hippo had borrowed some steel drums from the school which everyone took turns to use. The animals made wonderful loud and quiet sounds. Then they had a surprise conga around the whole school playground which the Primary One's joined in too and even the Principal and Head Teachers! It was so much fun. After the conga had returned back in the nursery garden Mrs Bear got everyone to check how their heart was doing. "My heart is beating faster than a drum!", said Felicity laughing. Mrs Bear suggested that a sit down rest and a cup of home made lemonade might help and everyone cheered.

On Tuesday Mrs Hippo read a story, it was a feelings book called "In My Heart" Mrs Hippo explained that it was good to talk about things and to give a name to how you are feeling, happy or sad, excited or nervous, surprised, angry , frustrated, calm or brave. Mrs Hippo then invited everyone to talk about what makes their heart feel happy. While everyone was thinking Mrs Bear went first and said that her grandchildren Carly and Louis and working in the nursery, and eating chocolate ice cream make her heart feel full and happy. "Bananas,climbing and playing at nursery make my heart happy" decided Martin. "Thinking about my lovely woolly blanket, and getting hugs from my mummy make me happy" said Henry. "Lots of cheese, other animals being kind to me and playing on my trampoline make me happy" said Mabel. "Roller hockey and football make me happy" said Terry.

After their discussion Mrs Hippo brought out an interesting big heart shaped box from her bag. Terry got to open the box and inside was two smaller boxes. The box Terry opened contained lots of hearts. On each heart was written the words thank you for being my friend. One by one Mrs Hippo invited everyone to pick a heart and give it to a friend . Everyone was really happy to receive a heart and either signed or said thank you. After everyone received a card Saffron who was listening well was invited to open the other box. Inside the box was curiously lots of square pieces of shiny card. Saffron was asked to give everyone a piece of the very shiny card . The card was so shiny that everyone could see their reflection in it. When everyone had received their card Mrs Hippo asked everyone to look into it and see their reflection. While they were looking at the card Mrs Hippo said "when I look in a mirror, do you know what I see? someone very special is looking back at me". "That means I am special ! as I see me in the card" said Felicity proudly. You are absolutely right Felicity said Mrs Hippo you are special. In fact we are all special and this little card is to help remind us all of this.

On Wednesday the focus was looking at food and drinks which are fun to make and are good for you . The animals made their own wholemeal bread which they so enjoyed."It started being small and then got bigger, as it started to rise" said Gwen. "Making bread is so cool" said Robert, "I am definitely going to make bread at home." They also made hummus, as Felicity thought it would be lovely with the bread. Rosie loved using the potato masher to squash down all the chick peas. They had a vote for what flavour of hummus to make. Red pepper won the vote ' Mrs Bear had also bought some avocado's and read the story "Avocado Baby" which everyone really enjoyed. Terry and Dana got to peel and slice the avocado and everyone got to look at the big avocado seed. Saffron really eating the avocado. Then the animals planted the seed in the garden.

Mrs Bear also put lots of different fruits and vegetables in bowls. Then all the animals got to make their very own pizza and rainbow fruit and vegetable stick. "Fruit and vegetables are so full of vitamins and minerals", said Bertie. Everyone enjoyed selecting their own favourites. Mrs Bear said that you could choose 10 items and not more than two of anything to make sure there was enough for everyone. Dana chose two strawberries, two cucumber slices, two orange segments, two pieces of red pepper and two pieces of pineapple. The animals also got to design their own smoothies. Mrs Hippo even made one and put spinach, kiwi fruit, mango and cucumber in her smoothie and made some extra in case anyone wanted to try. At first no one was feeling brave but George had a sip and said it was very nice even though it was really green!

On Thursday they had a special sports tester day. This was organised by two big animal PE students from College called Pete and Sue. They were so nice and funny and showed how doing exercise is good fun as well as very good for you. They all had great time

practising throwing and catching using beanbags and balls. They jumped, hopped, marched, skipped and played lots of ring games. They even got to jump off the high vault horse, remembering to bend their knees. "It feels like I am flying" said Debbie excitedly.

The final day of Health Week was very special everyone had a wonderful healthy picnic in the playground and then they had a healthy treasure hunt where everyone had to find lots of pictures of fruit and vegetables. Then they had a bubble party with a bubble machine which was amazing. "We're going to catch a hundred million trillion bubbles" said Coco, Terry and Debbie as they ran and jumped to catch them. Then the animals had a big surprise as the school choir visited. The animals heard lots of wonderful singing and then everyone joined in with their favourite nursery songs. "Singing makes me feel very happy" said Gwen after they had all sung "Have you ever seen a penguin come to tea". To finish off health week Mrs Bear played "Ode to Joy" by Beethoven which made everyone happy and sleepy indeed soon Simon was gently snoring !