



Dazzling Daddies Day

Friday 19th June

In preparation for Father's Day on 21st June we are celebrating all the male role models in our lives.

Join us for workouts, stories, making gifts and activities for you to enjoy at home.

Our children will be joining in at nursery too!

Visit: facebook @inspiringkindrednurseries

We'll be sharing activities including:

- ✓ My Dad Rocks! Rock painting
- ✓ My Dad is a smart cookie! Baking ready for Sunday
- ✓ This is my hero – Father's Day portraits

Join us:

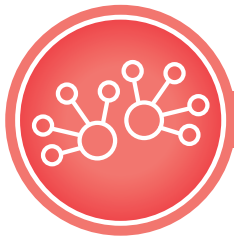
- ✓ 9am – 7 minute Daddy and me workout
- ✓ 11am – Story time: Me and My Dad
- ✓ 3pm – Story time: Going on a bear hunt

'HOW TO'

Activities...

Kids' 7-minute HIIT Workout for self-regulation

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog.



BEAR WALK

Hands & feet on the floor, hips high – walk left and right.



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



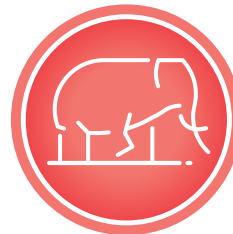
CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

My Dad is one smart cookie



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Ingredients

- ✓ 225g Butter
- ✓ 110g Caster sugar
- ✓ 275g Plain Flour
- ✓ 75g White or milk chocolate chips

Recipe

- ✓ Heat the oven to 190C/170C fan/gas 5
- ✓ Cream the butter in a large bowl until soft
- ✓ Add sugar and mix until light and fluffy
- ✓ Sift the flour into the mixture and add your chocolate chips
- ✓ Use your hands to bring the mixture together and make a dough
- ✓ Roll out the small balls from the dough and place on backing tray with space in-between each of them.
- ✓ Bake in the oven for around 10-12minutes or until golden brown.
- ✓ Leave to cool before eating

Learning Goals

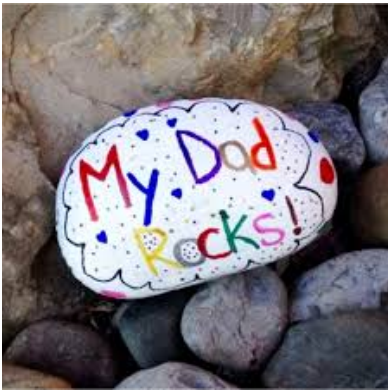
Baking is a great way for children to be involved in the process of cooking and is an essential life skill. Throughout this activity you can get your child involved with learning about different ingredients, weighing out the ingredients and the effects of when your child mixes the ingredients together. It is also great for your child senses especially smelling the delicious cookies once baked.

Creating **awe** and **wonder** in every moment

My Dad Rocks



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Resources

Can you find any rocks or stones out in your garden or when on your daily walks?

- ✓ Rocks
- ✓ Felt tip pens
- ✓ Coloured paints

Instructions

- ✓ Search for some large rocks in your garden or when out for your daily walks.
- ✓ Design your rocks using your paint's and felt tips pens
- ✓ Allow the rocks to dry before wrapping them for Father's day

Learning Goals

This activity provides an opportunity to explore the natural environment whilst looking for your rocks. It provides children the opportunity to be creative for a purpose when looking for their rock to be thinking about how they will decorate this.

There are many teaching moments you can include to support your child's learning and imagination.

Here is some questions and discussions you might like to ask whilst doing this activity together:

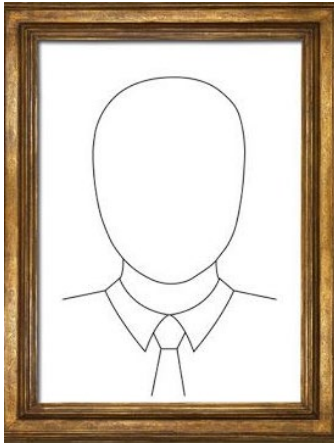
- ✓ What size rock can you find?
- ✓ What do you think the rock feel's like? (introduce new language that your child may not know)
- ✓ Discuss colours including favourites and experiment with mixing colours to make new colours (primary)
- ✓ Discuss Daddy's favourite colour and what he might like on the rock

Creating **awe** and **wonder** in every moment

Fathers day portrait drawing



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Resources

- ✓ Print out the attached template – or you can draw your own
- ✓ Decorative tools including collaging materials, colouring pen's /pencils
- ✓ Look in your natural environment you might find some pebbles for eyes or sticks for hair?

Instructions

- ✓ Print out the template or create your own stencil outline.
- ✓ Have a good look at the person you want to draw or look at a photograph if you can't see them at the moment. Explore their features i.e. skin colour, hair colour, eye colour, beard, freckles.
- ✓ Create your masterpiece using your decorative materials. What natural resources can you find to make the portrait. Leaves make great eyebrows!

Learning Goals

This is a great activity to explore what makes us similar and what makes us unique. Within this activity you can discuss the features that your child has using a mirror and then the features that their Father has also learning about what they have in common and what makes the unique. A nice extension to this activity would be to look at Father's childhood photographs and see how they may have been similar when younger.

There are many teaching moments you can include to support your child's learning and imagination. Here is some question you might like to ask whilst doing this activity together:

- ✓ What do you have on your face that is the same as Daddy?
- ✓ What does Daddy have on his face?
- ✓ Is Daddy's hair long or short?
- ✓ What colour is Daddy's eyes?
- ✓ What do you have that is different to Daddy?

Creating **awe** and **wonder** in every moment

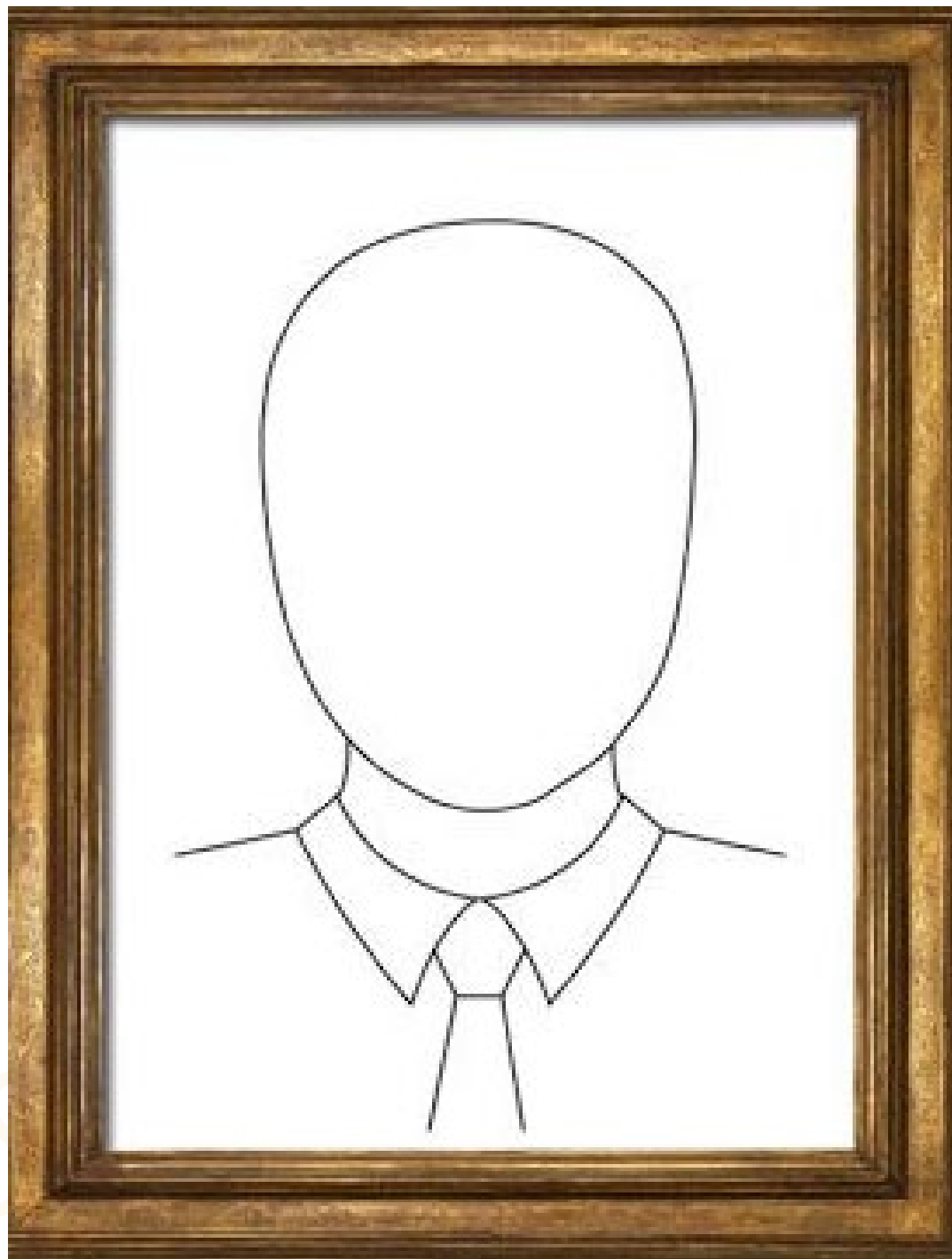
Fathers day portrait template

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