



## International Nurses Day

On Tuesday 12<sup>th</sup> May we will be celebrating International Nurses Day and saying thank you for helping and looking after us. We hope you will join our nurseries for a day of stories, songs and lots of crafts.

We'd love for you to join us. Here are some activities for you to do at home. Please do share what you have been up to on our Facebook @inspiringkindrednurseries.

**Join us: 11am – Singalong Miss Polly  
3pm – Story time, lets learn about nurses.**

Activities for the day:

- ✓ Florence Nightingale lamp
- ✓ Baking rainbow biscuits
- ✓ Making medicine for our teddies
- ✓ Nurse role play
- ✓ Nurse's hat and badge
- ✓ Colouring sheets are also available here:

<https://www.earlyyearsdirect.com/news/thank-you-key-workers/>

Creating inspiring worlds full of awe and wonder for little ones to grow and thrive in.

# Rainbow Cookies – Home Learning



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## Ingredients:

What ingredients will you need?

- ✓ Ready made biscuits
- ✓ Unsalted butter
- ✓ Icing sugar
- ✓ Water
- ✓ Bowls
- ✓ Multicoloured food colouring

## Instructions:

- ✓ Firstly add 125g of butter and 200g of icing sugar and add colours
- ✓ Prepare your coloured frosting by evenly dividing the vanilla frosting into 3 separate bowls and adding colour till you reach your preferred level of brightness.
- ✓ Take a spoon and add your desired amount of your first colour
- ✓ Continue to decorate as desired

## Learning Goals:

This activity provides an opportunity to children of all ages to mainly engage with tasting, knowing the names of different colours, describing textures and much more.

### Why is cooking important for Early Years?

Cooking gives children the valuable self-help skills and learn some delicious recipes along the way which they can share with their parents.

This activity enables children to be creative in feeling the different textures there are and giving the older children the experiences to be independent whilst gaining experience of how to gradually add liquids, to stir, beat, and fold ingredients together.

Here is some question you might like to ask whilst doing this activity together:

- ✓ How does the dough feel?
- ✓ Do we need more water?
- ✓ What colours can you see?
- ✓ What is your favourite colour?

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# Making “Medicine” – Home Learning



## Resources

- What can you find on your daily walks?
- Water
- Glitter, food colouring, herbs etc.
- Pots, pans, cups, water trays etc.
- Spoons
- Measuring jugs

## Instructions

Gather all your resources you need to make your “medicines”. Allow your child to select the resources they would like to create their “medicine”. They could be making this medicine for their “sick” dollies or teddies.

## Learning Goals

This activity provides an opportunity to explore the natural environment whilst looking for your resources. It also encourages the child to use their imagination when thinking about what they could use to create their “medicine” and allow them to take on a role in their play.

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 can we put into our medicine?**
- ✓ **How much are you using?**
- ✓ **Who is the medicine for?**
- ✓ **How is it going to help them feel better?**
- ✓ **Where do we go if we are poorly?**



## Resources

- Coloured paper
- Glue
- Cotton wool
- Paper plates

## Instructions

First, cut your pieces of coloured paper into any shape you would like, or into long strips (similar to picture above).

Next, you can glue your pieces of coloured paper onto something else, putting them into the colours of the rainbow. Or, you can cut your paper plate in half and stick your cotton wool on it to make your cloud, then stick the strips of coloured paper to the plate to make your rainbow.

Lastly, put your lovely artwork somewhere for everyone to see!

## Learning Goals

This activity can be a way to help celebrate and thank the nurses for all that they do. You can speak with your child about why you are doing this to help them understand the day.

There are many teaching moments you can include to support your child's learning. You could also make one yourself to help role model how to use the different tools. Here is some question you might like to ask whilst doing this activity together:

- ✓ **What shapes are we using?**
- ✓ **Do you think we need to be careful when using our scissors?**
- ✓ **Where do rainbows come from?**
- ✓ **What does this feel like?**

# Role play with teddies – Home Learning



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## Resources:

What resources will you need to help look after your injured dolly?

- ✓ Teddy bear / dollies
- ✓ Any loose material to use as bandages
- ✓ Thermometer
- ✓ Plasters
- ✓ Doctors note pad

## Instructions:

- ✓ Role play with your children a story of how the dolly or teddy has been injured
- ✓ Then allow children to take the steps of looking after them
- ✓ Using the resources available allow children to look after their injured teddy.

## Learning Goals:

This activity provides an opportunity for children to practice and develop their language and social skills simply by being with and talking to other children or even adults.

### Why is Role Play important for Early Years?

Role play enables children to enhance their development of problem solving and self-regulation skills. Not only does it fuel the imagination of children, but it is an extremely strong method in developing social skills. Role play can be tried out in different situations and environments, where they can create scenarios from their own imaginations. This activity will help children understand and think of things that are also safe and not safe for them during their play.

Here is some question you might like to ask whilst doing this activity together:

- ✓ **What do we do when we hurt ourselves?**
- ✓ **Why do we need to walk when we are inside?**
- ✓ **What do doctors and nurses do for us?**
- ✓ **What should we use if we are bleeding?**
- ✓ **They are sad what can we do to make them happy?**

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# Cotton Balls Painting – Home Learning



## Resources:

What resources will you need to create your cotton balls painting?

- ✓ Paper
- ✓ Cotton Balls
- ✓ Paint

## Instructions:

- ✓ First, stick a large paper onto the floor
- ✓ Then, set out a variety of coloured paints and allow children to start self-selecting colours they want
- ✓ Allow children to dab their cotton buds into the paint and explore the different patterns made.
- ✓ Finally, Let the paint dry and give children the opportunity to talk about the marks they have made

## Learning Goals:

This activity enables children to focus on their physical skills and helps enable them to develop their imagination and their creative skills.

### Why is mark making important for Early Years?

Painting is a way for children to do many important things: convey ideas, express emotion, use their senses, explore colour, explore process and outcomes, and create aesthetically pleasing works and experiences.

Here is some question you might like to ask whilst doing this activity together:

- ✓ **What colours do you see?**
- ✓ **What are you going to paint?**

# Nurse Hats – Home Learning



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## Resources:

- ✓ Paper plate
- ✓ Scissors
- ✓ String
- ✓ Colour pencils or paint

## Instructions:

- ✓ Firstly, on the white paper plate draw a rainbow shape design. Cut the design out, (make sure they are even on both sides)
- ✓ Then, hole punch two small holes, this is where the strings will go.
- ✓ On grid paper draw out a plus sign. You can use red card or even paint/ colour your cross in.
- ✓ With double sided taped attach, the plus sign on the white foam.
- ✓ Finally, pull the strings through the holes and place the hat on someone's head and tie the strings tight enough so it is a perfect fit.

## Learning Goals:

This activity provides children with the creative experiences that can help children express and cope with their feelings.

### Why is creativity important for Early Years?

Creativity also fosters mental growth in children by providing opportunities for trying out new ideas, and new ways of thinking and problem-solving.

Here is some question you might like to ask whilst doing this activity together:

- ✓ Why do nurses wear hats?
- ✓ When do we wear a hat?
- ✓ What do nurses do to help us?
- ✓ Can you think of anyone else who helps us that wears a hat?

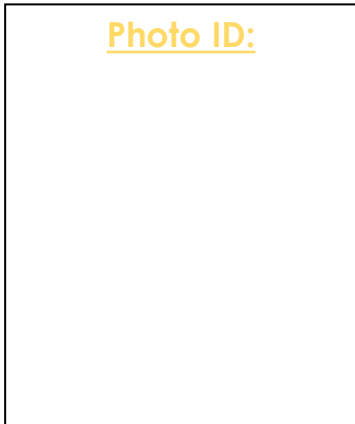
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Please find your nurses badge to help support you in your role play today!  
You can either draw a picture of yourself or glue one on!



**Kindred Hospital**

Photo ID:



**Hello, my name is**

.....

**And I will be your nurse today!**



# Florence Nightingale Lamps – Home Learning



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## Resources:

- ✓ Paper
- ✓ Glue
- ✓ Parchment paper
- ✓ String
- ✓ Coloured pens
- ✓ Tape

## Instructions:

- ✓ First cut 2 strips of paper and stick onto both ends of a sheet of Parchment paper
- ✓ Secondly decorate the middle of the lantern on the baking paper
- ✓ Then, fold each side in half matching each corner together.
- ✓ Finally, create a base for your lantern and a string to the top part.

## Learning Goals:

This activity will give children some understanding of Florence Nightingale, who was a famous nurse and who helped save many people's lives.

### Who is Florence Nightingale?

Florence Nightingale was born on the 12th May 1820 and she was named Florence after the place of her birth: Florence in Italy.

Florence Nightingale was a nurse and she saved the lives of many soldiers during the Crimean War. She was known as the "Lady with the lamp" as she carried a lamp to check on her patients throughout the night.

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## Books

- ✓ When Your Elephant Has the Sniffles
- ✓ The Sniffles for Bear
- ✓ Get Well Soon, Spot
- ✓ Harry goes to hospital
- ✓ Tubes in my ears

## Songs

- ✓ Ms Polly had a dolly
- ✓ Sick song
- ✓ 999 Ambulance song
- ✓ Five little Monkeys

## Further activities to do at home:

- ✓ Body Tracing
- ✓ Doctor's Bags
- ✓ First aid kits
- ✓ Nurse colouring pages
- ✓ Guest Speaker
- ✓ Set up a Clinic in your home
- ✓ Create your own shoes; Nurses are Angels in Comfortable Shoes
- ✓ Helping hand moulds
- ✓ Making medicine