



# CSG Playgroup Newsletter

## 12th June 2020



### Updates this week

Dear Parents

We very much enjoyed having the children back this week, even though we could only welcome back small groups we have still had lots of fun and the children have enjoyed seeing their friends. Don't forget to join our Facebook group (<https://www.facebook.com/csgplaygroup>), staff post photos of daily setup, which is great to see what the children will be up to. This week was a settling in week and getting used to the new normal. Next week we are ready for some more fun and staff have planned activities specific to the children's next steps.



Next week we will be making cards and gifts for father's day, the children will have the chance to make something for their daddy's, grandad's, uncles and make relatives. We would of course usually invite parents in to join us but with the current situation this is not possible. We are asking for a donation towards the gifts, so that we raise a small amount of funds for playgroup.

### **COMMUNICATION REMINDERS**

Just a reminder for general enquiries such as admissions for September please email [csg\\_playgroup@btinternet.com](mailto:csg_playgroup@btinternet.com)

If you are a current parent and are enquiring about extra hours or change of days or have a child specific enquiry please email Tania [csg.manager@outlook.com](mailto:csg.manager@outlook.com)

For enquiries about invoices or finance please contact [accounts@csgplaygroup@btinternet.com](mailto:accounts@csgplaygroup@btinternet.com)

Don't panic all emails will be forwarded to the correct person and you will receive a reply within 48hrs.

You can also call the Playgroup mobile if it is an urgent matter.

All letters and newsletter as well as lots of information and resources can be found on the website too as well as Tapestry.

<https://csgplaygroup.co.uk/>

### **Learning at Home**

The world is an increasingly busy place, even for very young children, and can often seem overwhelming. The ability to step back from this busyness and create calm, reflective spaces in our lives is beneficial to our mental health. There is plenty of research backing a mindfulness curriculum for older children, but also growing evidence to support age-appropriate approaches at the preschool stage.

## What is mindfulness, and why is it important?

Mindfulness is about focusing on the present, and being aware of what is going on both inside and outside, in a non-judgmental way. It's about noticing physical sensations and emotional responses, as well as your connection to other people and to your surroundings.



Practising these skills of focusing and noticing can be hugely beneficial to preschool children in several ways:

- It helps to increase their attention span
- It helps them to understand and regulate their emotions
- It helps with stress management and general wellbeing
- It helps them become more aware of their bodies and their senses
- It helps to build a connection with the natural world
- It helps them to develop empathy and compassion for others

## Mindfulness Activities For Kids

Here are some suggestions on suitable mindfulness activities for kids to try with preschool children:

### 1. Describing emotions

Sit with your child and ask them to describe different emotions. How does it feel when they are angry, happy or worried? You could prompt them by suggesting that they visualise their emotions as colours, or types of weather.

### 2. Listening circle

When taking a trip to a local park or nature reserve. Sit down and ask your child to listen out for different sounds.

### 3. Looking at clouds

Keep an eye on the weather for this activity, as ideally you need partial cloud cover and a good breeze. Lie down outside and look up at the clouds (taking care not to look directly at the sun). Ask them to look out for shapes and notice how the clouds change as they move along.

### 4. Bubble balloon game

Blow up some balloons and play the don't-touch-the-floor game, but focusing on gentle movements. Pretend that the balloons are bubbles that might pop, you can only tap them delicately.

### 5. Texture bag

Put a selection of objects with different shapes and textures into a bag. Take turns putting your hands in, feeling one of the objects and describing it to each other (without looking at it) in as much detail as possible.

### 6. Guided relaxation/visualisation

Lie down on the floor, on comfortable mats or carpet and take them through a guided relaxation exercise (eg focusing on all of their muscles in turn) or guided visualisation story (eg imagining they are lying on a beach). There are plenty of these available to download online.

### 7. Yoga

Do some research and try some yoga with the children – there are lots of fun moves for preschoolers to practise, for example animal poses. If you're not confident enough to lead this yourself you could always get a local instructor in (preferably one who is experienced in working with children).

Lots of children have been using <https://www.youtube.com/user/CosmicKidsYoga> during lockdown.

### 8. Mindful breathing

There are several ways of practising mindful breathing with young children. It works best when combined with some kind of action, for example counting off on one hand as you breathe in and the other hand as you breathe out, or putting your hand on your tummy to feel it moving in and out.

## Meet the Committee

The Pre-School Trustees and Committee have the overall responsibility for ensuring that it runs successfully in accordance with its aims. The Committee is formed at the Annual General Meeting (usually September) of parents of Pre-School children and meets once every half-term with the Pre-School Leader.

Our Committee currently consists of:

Chairperson – Lindsay Turner (To be voted in)

Treasurer – Tony Lord

Secretary – Sally McLaren

Emma Farrell

Lucy Webster

Natalie Zealey (current chair)

Each week we will be introducing you to a different committee member and let you know what the committee have been doing behind the scenes at playgroup. Obviously, the committee are unable to meet in person but last week we had a Zoom call where we discussed playgroup re-opening as well as future plans and the vision of playgroup. We have had to cancel our main fundraisers for 2020 so we are also discussing ways to raise funds for the following year. We always welcome ideas and suggestions so if you are interested in joining the committee or having any ideas for fundraisers then please email us or speak to Tania at the setting.