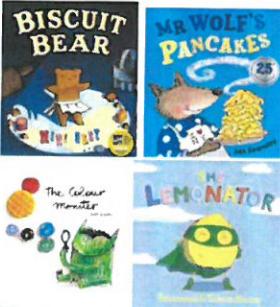


Week beginning: 9<sup>th</sup> February 2026

## Children's Mental Health Week - This week in Maple

Book of the week:	Rhyme of the week:	Happy Thought:	Sign of the week:
<b>Book of the week:</b> Biscuit Bear, Mr Wolf's Pancakes, The Colour Monster, The Lemonator 	<b>Rhyme of the week:</b> Wind The Bobbin Up 	<b>Happy Thought:</b> 	<b>Sign of the week:</b> Sister  2 taps

<b>In Maths we will be:</b> <ul style="list-style-type: none"> <li>Exploring simple repeating patterns using colours and objects.</li> <li>Noticing what comes next in a pattern.</li> <li>Fitting objects into different spaces.</li> <li>Using words like in, out, big and small to talk about shape and space.</li> </ul>	<b>In Phonics we will be:</b> <ul style="list-style-type: none"> <li>Listening carefully to sounds in words.</li> <li>Blending simple sounds together to say a word.</li> <li>Joining in with songs, stories and rhymes.</li> <li>Spotting words that rhyme and saying silly rhymes together.</li> </ul>
<b>Learning opportunities:</b> This week in our enhanced and continuous provision, the children will have opportunities to: <ul style="list-style-type: none"> <li>Explore mixing and changing materials through baking and dough play.</li> <li>Listen to and enjoy stories, talking about feelings and ways to manage them.</li> <li>Use construction resources and sand to build, dig and create.</li> <li>Develop early maths skills through pattern play and fitting objects into spaces.</li> <li>Join in with songs, rhymes and sound games to support early phonics.</li> </ul>	<b>Help at Home:</b> <b>Mindfulness at Home</b> This week we are focusing on supporting children's wellbeing and emotions. You might like to try the attached guided mindfulness activities at home, such as Be a Tree and Rainbow Breathing. These short, calming activities can help children relax, talk about their feelings and develop simple strategies to calm their bodies and minds. 
<b>Dates for your diary:</b> Friday 13th February – Nursery will close for half term. We will reopen on Monday 23rd February. We hope you have a lovely half-term break with your family	

We are here to help. If you have any questions or concerns, please talk to your child's keyworker or any of the staff in Maple.