

Thursday 28th January 2021

Hope you have all had a good week and have enjoyed some of the activities we posted last week. We would love for you to share any of your experiences. These can be sent to the red kite mobile, 07741385547 or emailed to us at info@redkitefamilycentre.org or of course posted to us via our Red Kite Facebook page.

- **HENRY:** HENRY (Health Exercise and nutrition in the really young) is one of the courses we run at Red Kite. It is about supporting us all towards a healthy life style through what we eat, exercise and how we can look after our own personal needs. This is so important during this time. They are currently running some online support, more information can be found at <https://henry.org.uk/>
- HENRY are offering new telephone support for families with children up to 11 years old called **Henry Buddies**. Click on the link below to find out more. <https://henry.org.uk/freesupport>
- One of the large parts of HENRY is around exercise. Being in lockdown can make this difficult. Why not try a few of these simple games which need very little equipment or space but are non the less very tiring.

Walkers	Crawlers	Non movers
<p>Sack race using strong reusable bags. Add extra challenge by encouraging them to weave in and out of objects.</p> 	<p>Place interesting objects around the room and encourage your child to crawl to the objects. Examples of objects could be saucepan and wooden spoon, old box of tissues filled with scarves or other materials, cloth bag with a hidden object inside, shaker, bought or made from an old bottle and filled with rice for example.</p> 	<p>Sing songs that encourage movement, for example it you're happy and you know it, head, shoulders, knees and toes, I like to ride my bicycle, zoom, zoom, zoom.</p> 
<p>Bean game, think of as many different types of beans as you can think of then assign a movement to the bean. For example runner bean- jog on the spot, jelly bean- shake like a jelly, broad bean- stretch out wide.</p>	<p>Sensory play is great for physical development as well as many other things. Gloop which is made from cornflour and water, cooked spaghetti, sensory bags and bottles, ice etc.</p> 	<p>Just providing a safe space for your baby to lie on their back, or front to stretch and kick their legs freely is incredibly beneficial. Why not try making little noises near by, does your baby turn their head to look for the sound?</p> 
<p><i>Obstacle course:</i> Great for all movers, can they weave in and out? Crawl through and under? Jump or hop or crawl over objects? We would love to see what you have come up with.</p> 		<p>Lie your babies down, shake objects of interest, such as shakers or ribbons just out of reach, can your babies reach out for them?</p>

Thursday 28th January continued

- **RSPB are running their annual birdwatch this weekend:** This year's bird watch is running from the 29th to 31st January. This is a free event in which children can learn about our native bird species. It also supports the development of counting skills. All you need is a window, some time and knowledge of what to look out for. Please click on the link below if you would like to take part or just to find out more.
<https://www.rspb.org.uk/get-involved/activities/birdwatch>



- **National story telling week Jan 30th- Feb 6th:** Here are some great ways to take part.
 1. **Makaton:** The amazing group 'Singing Hands', <https://singinghands.co.uk/> have read and signed some very well known children's books. Please click on the links below to see a couple of them in action. Many more can be found on their website.
<https://www.youtube.com/watch?v=0CuCCIOYO6Y>
<https://www.youtube.com/watch?v=AC6-yK6GeGU>
 2. Dress up as your favourite story book character for the day and carry out lots of activities your character might do. These could be simple things such as household chores, for example Cinderella spent all day cleaning! A feather duster is always lots of fun. A mouse went for a woodland walk. A child wrote a letter to a zoo asking for a pet, great way to practice those mark making skills.



3. Thame library are offering a click and collect service. Click on the link below to find out more. <https://www.oxfordshire.gov.uk/residents/leisure-and-culture/libraries/find-library/thame-library>
4. Book trust have some free online books to share together.
<https://www.booktrust.org.uk/books-and-reading/have-some-fun/>
5. Oxford owl are also providing some free stories online
<https://home.oxfordowl.co.uk/>
6. You don't always need books in order to tell stories. Why not make some simple puppets and make up your own stories together? Or maybe retell well known stories such as Goldilocks and the 3 bears and follow this off by playing with some porridge oats.



7. Make your own story books. Children aren't seeing many people at the moment, why not get some photos of family and friends, stick them in a book and share these with your children. This activity is brilliant to do with babies too, they love to look at faces. Why not add an extra level of intrigue by sticking a flap over the picture for your little ones to open first?

Please do remember If you need to speak to one of us you can call us on 01844 261163 on Tuesdays 10a.m.-12p.m.; Wednesdays 10a.m.-12p.m.; Thursdays 10a.m.-12p.m. Fridays 10a.m.-12p.m. At all other times Monday to Friday please leave a message and we will respond. Messages at the weekend will be responded to on Monday. You can email us using info@redkitefamilycentre.org and again, we will respond within 24 hours, weekdays or you can message us through our Facebook page. Please remember also that if you need urgent help or advice, or just want someone to talk to, you can call the Talking Team on 03003034123. This service is being supported by Sharing Life Trust, Thame Good Neighbour Scheme and the Friends of the Thame Community Hospital.