

# Early Years

## The Gatehouse and Little Gates



GATEWAYS  
SCHOOL

### Feelings



This week in the nursery we have been focusing on how we feel. Using puppets and stories such as The Colour Monster, which shows us different colours for different emotions. The children have also done a little meditating by doing some deep breathing, to help them learn how to relax.

We have been practising our balancing skills, by completing obstacle courses created in the garden each day, using our arms to balance on the beams. We have also been talking about the weather and how it is changing.

Have a lovely weekend everyone.

Mrs Naomi Jackson