

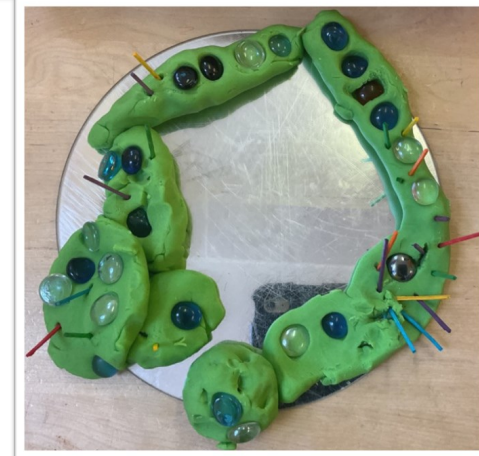
Dear Parents and Carers,

This week, our group sessions have been Sunshine Thinking Times. These are sensory based circle time sessions, used to promote **co-operation** and positive **wellbeing** and to help the children develop **confidence** and **self esteem**. There are three rules during Sunshine Thinking Times: Have fun, work together and use kind hands. The sessions usually begin with passing something round the circle. This week, we have passed round some hand lotion which the children can choose to use if they would like to. This promotes choice and respecting one another. We have also been practising winking with one eye, like the Tiny Little Fly in our focus book by Michael Rosen.



The children have been using their hands to play with playdough and to crush herbs and spices with pestle and mortars. We have been building ice house for penguins (with real ice!) and lots of different structures using the blocks, bricks and mobilo. We have also been on some interesting local walks with the children. We have been busy this week!

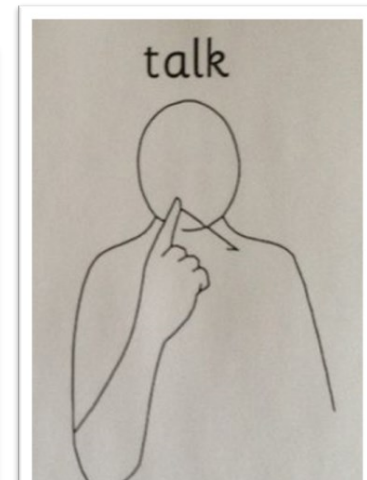
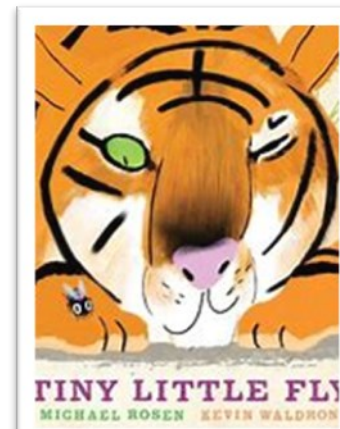
Please book your free tickets to CRBC's **Follow the Star Christmas Event** on 7<sup>th</sup> December. Follow the Star is an interactive walk through of the true story of Christmas. Your ticket gives you entry from 3:30-5pm or 6-7.30pm but you are booking onto a specific tour within that time. The rest of the time is yours to enjoy food, drinks, crafts and other activities inside the main church hall. We would encourage you to come for as much of the time as you can - at the end of the time there will be a tableau for you to enjoy! Please book a ticket for each person aged 3 and over in your party. Under 3's are more than welcome, but do not require a separate ticket and don't forget to make sure that you make a note of your tour time when you book. 3:30pm-5.00pm—[Follow the Star \(07-Dec-2024\) · ChurchSuite Events](#) and 6.00 - 7:30pm [Follow the Star \(07-Dec-2024\) · ChurchSuite Events](#).



The Makaton sign of the week this week is 'Talk'

More and more young children have their own tablets or borrow parents' devices to play games, use apps or watch videos. Please see the attached advice on Internet Safety for Pre-school aged children: [www.internetmatters.org/advice/0-5/#preschool\\_online](http://www.internetmatters.org/advice/0-5/#preschool_online).

Have a lovely weekend,  
The Noah's Ark Team.



# Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

Free  
groups for  
adults run  
by Bristol  
Children's  
Centres

Your parenting  
toolbox:

Listening

Play

Nurture

Praise

Empathy

Connection

For more information please call: **07721 311 497**  
or email: **pssso@bristol.gov.uk**

Once you have registered your interest via:  
**[www.bit.ly/BristolParentingGroups](http://www.bit.ly/BristolParentingGroups)** we will be in touch to find  
the best group option for you.