

Top Tips for Early Years Online

Eleanor Robertson is a Dance (3-18) Specialist teacher based in Edinburgh. She currently teaches at Tollcross and Blackhall Primary School and has been devising and developing new virtual resources for her pupils.

She has recently launched a newly devised early years class based on Michael Rosen's *We're Going on a Bear Hunt*. Across Edinburgh all early years settings are working together to provide weekly activities and resources to support early years and Primary 1s transition to school.

Her top tips for Early Years virtual lesson planning:

- Always have a theme to engage and inspire creative movement.
- Begin with 'dancing manners' to prepare young bodies to settle and listen.
- Body part warm up: Can they touch and name each body part?
- Travel Time – go on an adventure through the forest. Walk, Skip and Run.
- Teddy Bears Picnic – make a fruit salad by sitting in butterfly stretch.
- Use different props from around the house to create a journey - roll through the grass, stamp and balance in the mud and tiptoe through the cave.
- Practice pointing fingers and toes to pop the bubbles. This will improve their fine motor skills, focus and concentration.
- Use a calming song to finish to get their favourite Bear ready for bed.

Check out Eleanor's short clip of her class based on *We're Going on a Bear Hunt*. She used a stretchy band to tiptoe on, a magazine to balance on and some dancing scarves to roll through the long tall grass.

Can you create your own 'Bear Hunt' journey at home? Tweet [@missrob_dance](https://twitter.com/missrob_dance) [@youthdance](https://twitter.com/youthdance) your 'Bear Hunt' photos and videos, she would love to see.

