

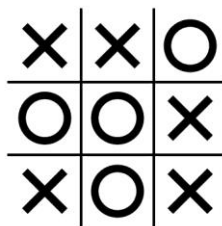
Activities for children between 4 - 7 years old



Noughts and crosses

You will need

Pebbles
Paints
Chalk or sticks



Paint 0's and X's on pebbles then use them to play noughts and crosses using a homemade board drawn on the floor with chalk or made on the floor with sticks, if you are feeling creative instead of painting 0's and X's you could paint some as ladybirds and some as bees.

The mindful jar

This activity can teach children how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.

- Get a clear jar or bottle and fill it almost all the way with water.
- Next add a big spoonful of glitter glue or glue and dry glitter
- Put the lid back on the jar and shake it to make the glitter swirl
- Finally use the following script or take inspiration from it to form your own



“Imagine that the glitter is like your thoughts when you’re stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That’s why it’s so easy to make silly decisions when you’re upset – Put the jar down in front of them – Now watch what happens when you’re still for a couple of moments. Keep watching, see how the glitter starts to settle and the water clears? Your mind works the same way. When you’re calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during the calming process can help us settle when we feel a lot of emotions”

Mindful listening

Let your child choose a place in your home or outside space to sit quietly and listen for sounds they maybe wouldn't normally hear. They can record it on the sheet below.

Mindful listening challenge

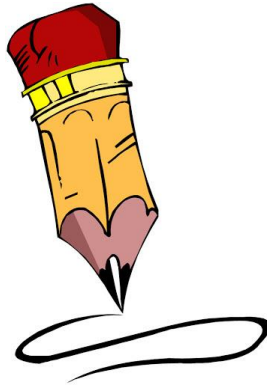
Make a list of sounds you heard while doing mindful listening.

- | | |
|----------|-----------|
| 1. _____ | 7. _____ |
| 2. _____ | 8. _____ |
| 3. _____ | 9. _____ |
| 4. _____ | 10. _____ |
| 5. _____ | 11. _____ |
| 6. _____ | 12. _____ |



Making a map

Draw a map of your home and neighborhood on large piece of paper, this can be old packing paper, a box, on the back of wrapping paper or left over wallpaper. Start with your home adding the number and the road your home is on adding the street name , your child can map out important locations that are in close vicinity to your home such as a park, school, post office, shops etc. They can colour it if they like, this is a handy starting point to help your child learn their address.



Phone number

A series of activities to help your child/ren learn your phone number, a key tool to keep them safe in case of emergencies.

Step 1 – Exposure to what phone numbers look like

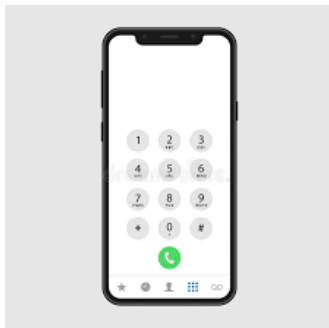
Show your child your phone number (you can write it on the worksheet on the next page.)

Say the numbers aloud together and then give your child a mixed up pile of cards/paper with each of the numbers on them.

Let your child unscramble them and put the numbers in order underneath your phone number.

Step 2 – Make it big

Cut out the following mobile keypad keys and stick to a wall or door in the order shown below



Put your phone number above it to start with until your child starts remembering the order without looking at it.

Let your child pound away at the keypad encouraging him/her to do the numbers in the right order and say them aloud.

Adults record your phone number on here

--	--	--	--	--	--	--	--	--	--	--	--	--



1

2



3

4



5

6



7

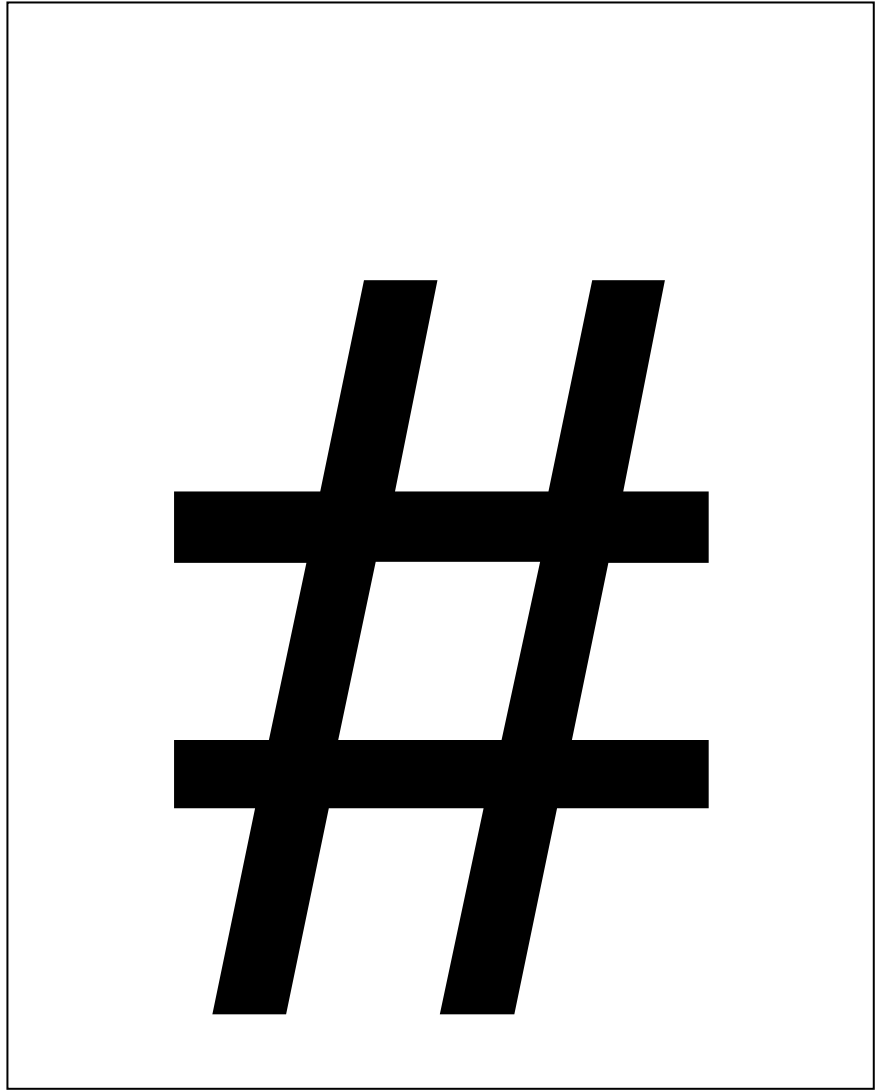
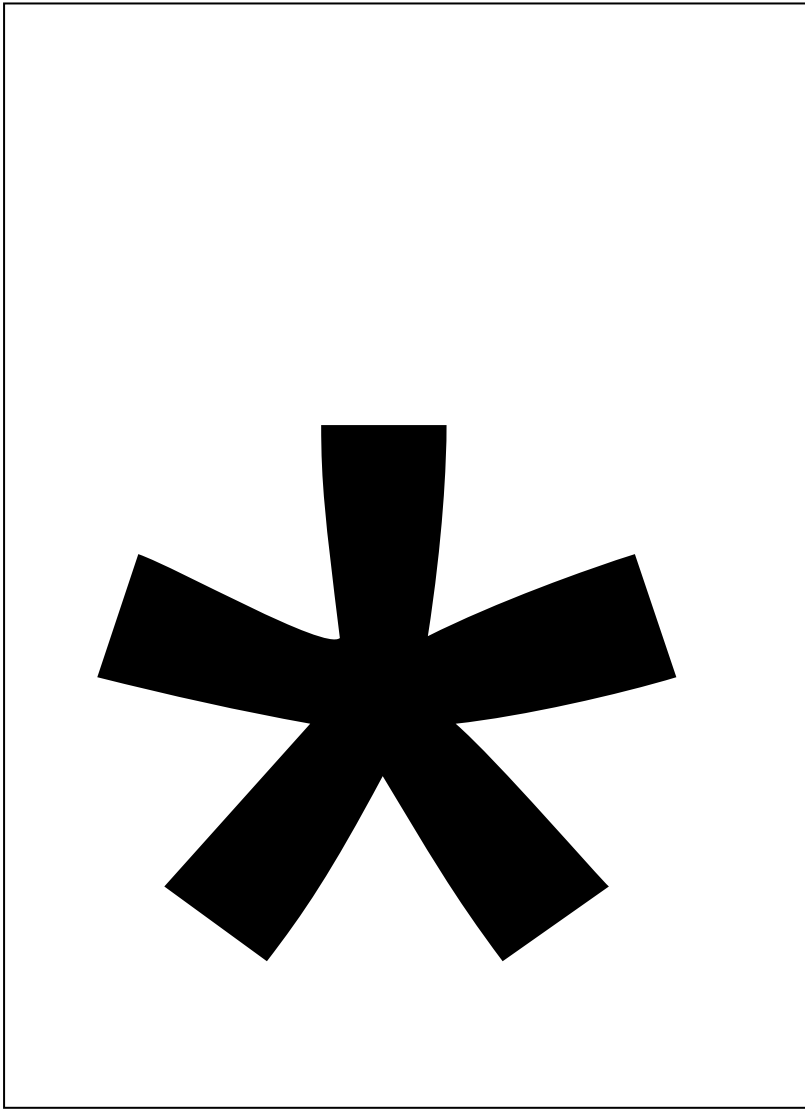
8



9

0







Step 3 – Take it outside

Reinvent your giant wall keypad outside by writing it on the concrete/patio with chalk

Your child can then jump it out like hopscotch.



Popcorn on a bonfire:

You will need: two metal sieves. Some bendy metal garden wire and a wire cutter, a LONG stick, i.e. bamboo, a fire pit with fire wood and popcorn kernels. Oven gloves and a bowl for the popcorn.

Place the two open round rims of the metal sieves on top of each other. Attach the long stick to both of the sieve's handles with wire, this will fix the sieves together. Most metal sieves have a metal hook or eye on the opposite side to the handles, for hanging the sieve up with. You can fix those together with wire in such a way, that you can open the sieves up to put the corn kernels in and close it again. You can put some sunflower or olive oil on the corn kernels prior to placing it in between the sieves.

Light your fire in the fire pit (or BBQ). Have a bucket of water nearby just in case you need to quickly put a fire out. Make sure the children sit away from the fire and make sure only an adult uses the popcorn maker, as the sieves will get very hot.

Hold the sieves high above the fire, or low down near coals but away from direct flames, so the kernels do not burn and with some patience and shaking, the popcorn will start to pop! Use safety gloves to open the sieves up and transfer the popcorn to a bowl. Have a great party!



Safe Space Breathing and Grounding:



A great imaginative exercise for calming down, 'finding ones feet' and feeling safe and grounded.

Make sure children are wearing comfortable clothes. Great both indoors as well as in the garden. Take off shoes.

Optional: Put on some quiet, relaxing music. Perhaps a pillow or mat for comfort to sit on.



Part 1, Safe Bubble.

Sit down in a comfortable position. Make sure they can really feel the ground or pillow firmly beneath them. Children can keep their eyes closed or open. Ask them to become aware of their breath, of breathing in and out. Put your hands on your belly and pretend it is a balloon you are blowing up (gently breathe in) and then you let all the air out of the balloon again (gently breathe out).

Can they become aware of the space around them? Now when they breathe in gently, pretend to fill the space above them and breathe out gently. Then do the same with filling the space in front, behind, to each side and below. Ask the children to gently breathe in again, and try and expand so when they breathe, in their imagination they become as big as the room. Breathe out gently. Tell the children that this bubble or circle around them is their safety circle and also belongs to them. If they wish, in their imagination, they can invite in people that make them feel safe, joyful, comfortable and happy, i.e. a friend or mum or grandad, etc, but they don't have to. Breathe in and out a few more times and then the children can stretch gently. *Would they like to talk about how that felt? Who would they invite into their safe space and why?* Tell them they should feel safe all of the time and if not, to tell a grown-up they trust.

Part 2, The Tree

Ask the children to stand up. Can they feel the ground firmly beneath their feet? We're going to pretend to be a tree. Can they imagine roots growing from underneath their feet? This keeps them standing firmly on the earth/ground.

Once they feel firmly grounded in both feet, ask them to become aware of one foot, imagine strong roots growing from that one foot only and feel it firmly planted on the ground. They can feel/become aware of their foot first, then shift their weight on it. They can then slide their other foot over the ground gently or even lift it. Repeat the exercise but shift weight onto the other foot.

End with being rooted firmly in both feet again. Can they stretch their hands above their heads and imagine the crown of the tree stretching above? Wave gently in the wind. It doesn't matter if the wind blows softly or wildly, they are firmly rooted in the ground and safe. Squat down ready for part 3.



Part 3. Yoga Mudra or Child's Pose/Bulb in the Ground.

From the squat, gently place your hands on the ground in front of you. Shift your weight gently onto your hands, so you can shift your balance from your feet onto your toes. Gently place your knees on the ground in front of you and fold your feet underneath your bottom and sit down gently on your feet. Stretch your hands and arms out in front of you. Place your forehead on the ground. Make sure to rest on your feet/not your forehead, this should only gently touch the ground. This pose is the most relaxed, when your big toes touch but not your heels, so your feet are in a v shape and your knees are slightly apart to give your belly space, yet young children will naturally take to the position most comfortable to them. Tell young children you are a little bulb or little seed curled up in the ground, sleeping very sound. They will copy your movement. Take a few deep, gentle breaths and stay 'asleep' for a while. Once ready, you can lift your head and gently 'jump out of bed'. (imagine a flower popping from the bulb, out of the ground.)

Ask children how they felt, but they don't have to tell you! Tell the children that if they feel upset or confused or angry or sad or scared this is a wonderful way to calm down. Remind them there is always someone to listen to their worries.



Wonderful World of Clay and Sticks

You will need: clay, sticks, pebbles, grass, leaves, moss, gaffer tape. 'The Gruffalo' book by Julia Donaldson.

- 1) Read 'the Gruffalo'. Make your own clay as per the recipe below, or use any arts of crafts clay.

(Clay

2 cups of water

Food colouring (optional)

3 ½ cups of any type of flour

½ cup of salt

1 tbsp cream of tartar or corn flour/polenta or ground cornflakes.

2 ½ tbsp of cooking oil

Baking sheet (optional)

You will need a large bowl, a wooden spoon, a pan and an airtight container to keep the clay in!

Method:

Bring water to the boil in a pan and add food colouring. Remove from heat.

Mix together flour, salt and cream of tartar

Add the oil to the water

Make a dip in the flour and carefully start adding the water mixture to the flour mixture and stir together with a wooden spoon.

Let it sit until it has cooled down, make sure it is still slightly warm.

Knead the flour until pliable, you could do this on a surface covered with a baking sheet.)

Create your own gruffalo by taping two sticks into a cross shape for the body and arms. Model a round ball, which is going to be the head and put on top of the 'cross stick'. Can you create terrible teeth in its terrible jaws and terrible eyes and terrible paws? You can use any natural materials you can find, such as pebbles, sticks, grass for hair, etc.

- 2) Modelling Monsters or faces. Take your clay outdoors and model monster faces on trees. Look for interesting parts on the tree or bark that could become part of the face, ie a nose or an eye. Complete the face with your clay. Alternatively, children can model any shape on the tree with their clay and decorate with whatever they can find, such as sticks or pebbles or moss. Enjoy! Remember to wash hands thoroughly afterwards!

Five Things About me

Think about you. Can you find 5 very important things about you?

1. I am:

2. I have:

3. I like:

4. I can:

5. I :



Exercise Snap!

Cut out the cards and turn them face down. Choose a card and match the body shape





How Are You Feeling Today?

Can you think of feelings you have? How do you feel today? Happy maybe? In the boxes below list the feelings you can think of.

Good Feelings

Bad Feelings

Draw a picture of you. Make sure you show how you are feeling today.





Be Kind!

Can you think of 5 kind things you could do this week?
Draw or write them in the boxes. Tick them off when
you do them.

Make a map

Have a look in your garden. Can you make a map of it?

When you have done that show your map to someone.

Put some things in the garden. Can you add them to your map?

Put a blindfold on your partner. Can they remember where the things you put in the garden are?



Owl Listening

Did you know owls can hear all sorts of noises much better than people can? Listen like an owl. You can move about and listen inside and outside. What can you hear? Can you find 5 sounds and think of a word to describe them? Draw what made the sounds.

1.



2.



3.



4.



5.



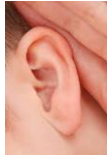
Senses Game

Do you know what your senses are? Can you name them? What are they telling you now? Find a partner to do the same. Do you match?

I can see:



I can hear:



I am touching:



I can smell:



I can taste:



Play A Game Of "Catch"

What you need:

- A shower cap
- Shaving foam
- Some Wotsits

How to play:

- One person puts the shower cap on (Be careful to cover your hair)
- Cover the shower cap with shaving foam.
- Throw Wotsits at the cap!!
- The winner is the person with most wotsits on their head.

