

Wiggle and Dance

Put on your favourite songs or videos and have fun dancing around!

You will need

- Songs or music
- Dance props (scarves, ribbon, hat)

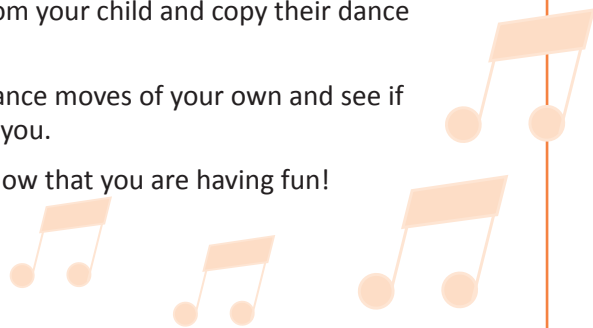


! Why this activity is important

- Dancing together makes you smile!
- Being physical has been shown to release 'feel good' feelings.
- Copying is a key way that young children learn. If you show you are having fun, they are more likely to take part in and enjoy activities such as dancing that promote good feelings.

Playing together

- Find your child's favourite songs, videos or music and ask your child to choose one to dance to.
- Take your lead from your child and copy their dance moves.
- Throw in a few dance moves of your own and see if your child copies you.
- Make sure you show that you are having fun!



Box of Feelings

A throwing game with boxes showing different emotions as the target

You will need

- Baskets or boxes
- Paper and pens
- Balls



! Why this activity is important

- It will improve your child's understanding of emotions and feelings.
- It helps children to recognise that all feelings are important.



Playing together

- Collect three empty baskets or boxes and lay them on the floor.
- Draw a happy face, an angry face and a sad face to stick on each basket.
- Use a ball, sock or scrunched up paper and throw it into the sad box then encourage your child to have a go.

*Let's throw the ball into the angry box together.
Can you throw it into the happy box?*

- You can choose to add more baskets with other emotion faces.
- Whilst playing the game, why not talk about times that they have felt the different emotions?






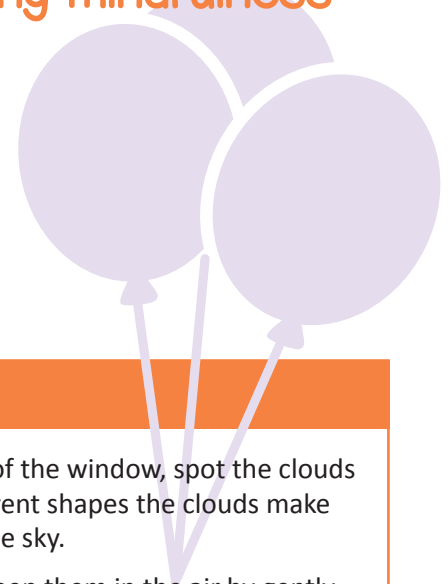
Relax

Find calmness by practising mindfulness activities together



You will need

- Balloons
- Empty plastic bottle and glitter



Why this activity is important

- Simple mindfulness activities help bring children's attention to the present moment which creates a relaxing and calming effect. Encouraging children to use these activities can help them cope with difficult feelings.



Playing together

- **Cloud Spotting:** Lying outside or looking out of the window, spot the clouds in the sky. Spend time talking about the different shapes the clouds make and see how fast or slow they move across the sky.
- **Balloon Game:** Blow up balloons and try to keep them in the air by gently tapping them with your hand – don't let them touch the floor!
- **Glitter Bottle:** Fill an empty plastic bottle with water and glitter – let your child shake the bottle and focus on the swirling glitter in the water.
- **Using Senses:** Other activities which focus on using children's senses – sight, sound, smell and touch - e.g. drawing shapes in a tray of sand, talking about all the things we can hear outside, smelling flowers on a walk.