

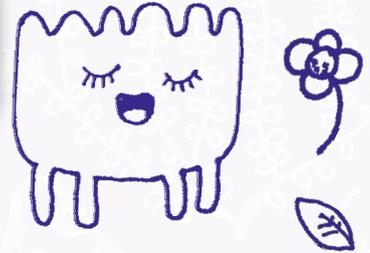


ADVENTURE 7

FEELINGS

Activity 1 - What can you hear?

Pick your favorite tree, give it a hug and sit and listen to it for a minute or two. Can you hear wind or water? Can you hear birds, animals or insects? Can you tell if they are flying, walking, eating, singing? Count how many different nature sounds you can hear. How did sitting quietly make you feel?

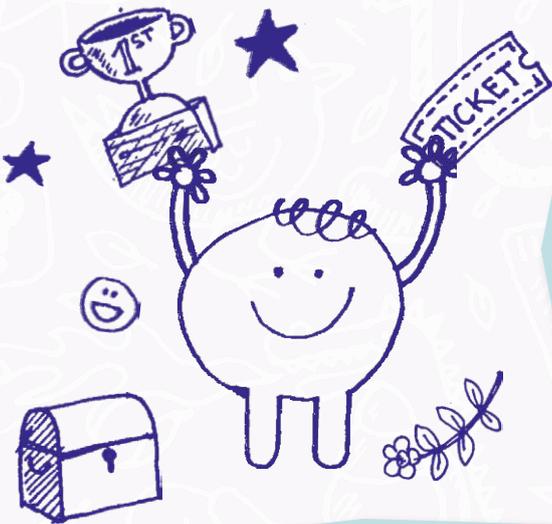


Activity 2 - Holiday Memory Jar

Decorate a jar to make it as happy as you can, try using stickers and pictures.

Collect things that will remind you of what you did during your summer. Then with your family write or draw things that made each person feel happy. Put all your holiday treasures in the jar.

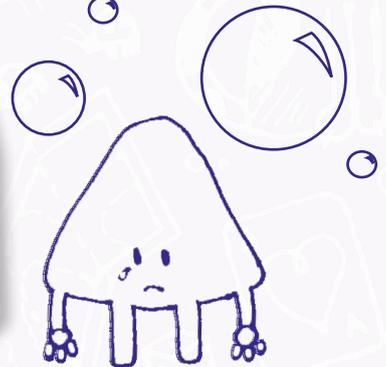
If you ever feel sad, look in the jar and find a happy memory.



Activity 3 - Blow Away Your Worries

Worries are normal, and talking about them can help make them feel less scary. So, if you are worried, talk to a grown-up in your family and ask them to help you write them down. If you can feel where the worry is in your body, point to it.

When you are ready, take a deep breath in, and when you blow out, imagine you're blowing bubbles with your worries inside. Watch them float away.





FEELINGS

More fun things to do!



Feelings can come in all shapes and sizes. What do you think the characters below are feeling? Which thought bubble do you think goes with each character?

Almost time to go back to school? Make it fun with a school bag scavenger hunt! Can you help find a water bottle, a healthy snack, a pencil case, indoor shoes, and tissues?



Books to read together...

The Littlest Yak by Lu Fraser and Kate Hindley

Inch and Grub by Alastair Chisholm and David Roberts



Scottish Book Trust
inspiring readers and writers



FEELINGS

Useful links to help you have fun

Activity 1 - What can you hear?

- A walk in the evening can help calm kids down before they go to bed. If it's dark or dusk the sounds you hear change and it can feel a bit more like a 'grown up' adventure. For older kids, an evening walk can give them a chance to talk to you if they want to.

Activity 2 – Holiday Memory Jar

- Going to school or nursery after a long summer holiday can be a little nerve-racking. Children are usually excited to be back, but often a bit nervous too. Here are some helpful tips (Parent Club)

Activity 3 - Blow Away Your Worries

- Breathing is something we do without even noticing but it can help little ones and adults relax and take a break. Here are 5 top tips to help your kids find their breath (Wee Seeds)
- Keep your family calm & focused: 10 mindfulness exercises for kids (BBC)

Back to School

- It's totally normal for children to have a huff. It's a way for them to learn how to deal with emotions, test boundaries, and express themselves. But coping with a tantrum can be enough to set adults off too. Here are some really useful tips to help you deal with tantrums and keep your cool. (Parent Club)

Books to read together



- Inch and Grub read along
- Help little ones make sense of their feelings with the help of these wonderful picture books.

