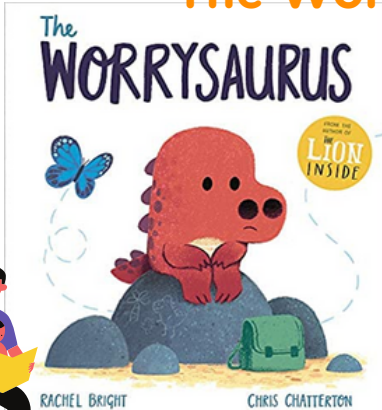


Activity Ideas

with
Wiltshire
Children's Centres

Our play inspiration this week:
Feelings and Emotions

The Worrysaurus



Click on the picture to take you to the story.

What do you do with any worries you might have?



Chickpea Biryani

You will need:
Chickpeas
Onion
Carrot
Basmati rice
Frozen peas
Curry powder
Cauliflower
Vegetable oil



Suitable from
12 months

start 4 life

Click here to see this recipe and more

Activity Idea - Older Explorers The Worry Box



Create a place for your child to throw away their worries. Decorate an old box and personalise with your child's name. Write out or draw any worries and pop them in the box.

When they feel ready, take out a worry to talk about together.

Did you know...

Throughout the year we run 'Feelings and Emotions' sessions. If you would like to learn how to support your little one to manage their emotions, please call us on our freephone number: 0800 970 4669

Activity Idea - Tiny Tots Baby Massage

Physical contact is vital in building the relationship between parent and child. Your baby's body starts to attune to yours, relaxed breathing, lowered heart rate and soothing pressure from massage is like being in the womb.

Choose a peaceful time and make sure you and baby are warm and comfortable. Have a look on line for reputable sources for information on baby massage.

Discovery time

The happy 'things' hunt

Has your child got a special toy or a small pebble from a beach... you know the one that they found with you on the best holiday EVER! Some things have lovely feelings attached to them for all sorts of reasons. Have a 'Happy things' hunt and talk about why they make your child feel good. Share your happy things too!