

Wellbeing

Monday 18th May

- **Rocking toy to sleep-** Get your child to lie on their back and put a toy on their tummy. Explain they are going to rock the toy to sleep. Get them to take deep breaths, as they breathe in and out their tummy will lift up and down, rocking the toy to sleep.
- **Senses exercise-** You can do this outside or through an open window. Close your eyes and listen to what you can hear, listen to how many different noises you can hear. Open your eyes, notice the different colours you can see. Sniff the air, what can you smell.
- **Foot bath-** Fill a bowl with warm soapy water, invite your child to take their shoes and socks off and put their feet in the bowl. Gently massage their feet.
- **Hand massage-** Use some hand cream and gently give your child a hand massage
- **Homemade stress balls**
1 balloon
Cornflour
Funnel
Place the funnel into the top of the balloon, 3/4 fill the balloon with corn flour. Squeeze the remaining air out and tie the balloon, use this as a stress ball to let out feelings of frustration. You could draw a face on the balloon.

- **Design and Make a Dreamcatcher.**

Legends say that the spider web design of the dreamcatcher would allow good dreams to pass through and float down the hanging beads and feathers to sleeping children. Bad dreams, however, would be caught in the web. As the first rays of the morning light hit the dreamcatcher the bad dreams would disappear.

How to Draw a Dreamcatcher

