

Supporting WHAT MATTERS

BACK TO BASICS



BE KIND

Together, draw a picture or write a letter to a friend, relative or neighbour

- You can borrow a litter picking kit from us, so you can make a difference. If you would like to borrow a kit, please ask Ginny
- Show your child how to start a friendly conversation with someone they know. They can do this by smiling or by asking "How are you?"
- Help someone before they ask
- Can you as a family decide any toys that are no longer played with. Could you donate them to a charity shop, to help another family?



Casper Cat is kind and enjoys coming together with his friends.



Lenny the Lion is always busy.



KEEP BUSY

- Build a den out of anything you can find
- Make a mud kitchen - take an old saucepan, spoon and bottle of water and find some mud to dig in!
- Go on a nature treasure hunt - what can you find?
- Find an open space where you can run around and be free
 - Try and grow your own herbs in a flower plot
- Go on a bug hunt and create a bug hotel with all the nature items you found
 - Have a look at the National Trust website for ideas for walks
 - Have a kitchen disco
 - Build a den with sheets or blankets, sofa cushions or under the table. Sit inside together to read or relax.



KEEP DISCOVERING

- Set a challenge that your child will enjoy achieving and celebrate their progress
- Visit a new place, such as a local museum or a park
- Try cooking something new together or try a new food
- Use the outside space. Grow herbs or plants in a window box or a pot in the garden
- Get creative, try a new craft activity
- Make music, use pans and kitchen equipment to make different sounds
- Do something funny to make each other laugh

COME TOGETHER

- Start each day by saying good morning to each other and ask how they slept
- Greet everyone with a bright, friendly smile to make their day
- Spend some one-on-one time with your child. Ask what they would like to do without spending any money
- Show affection through cuddles and holding hands
- Make time to talk about anything and everything but don't talk about adult issues in front of your child.
- Keep your conversations positive



NOTICING

- Remove distractions such as screens and background noise
- Give eye-contact and face-to-face time
 - Take notice of your environment and surroundings - what can you see or hear?
 - Notice the change of seasons
- Show affection through cuddles and holding hands
- Do daily tasks in the same order each day
- Notice your thoughts and feelings



Pip Penguin likes to discover new things.

Our Learning Heroes help us with What Matters !

Be Safe Be Kind Be Ready