



Wellbeing Activity Examples



Mindful Eating: Bringing the child in the present moment. Introducing foods with different textures for example: Strawberries, Melon, Sultanas. Talk about where the food comes from and their textures for example: bumpy, sticky, hard. This provides the children opportunities to use their senses; tasting, smelling, touching (feeling). Before eating the piece of food slowly.

Attention and Focus: At the beginning of the session chose a single sound instrument for example: Triangle, Tambourine, and bell. This brings the child in the here and now. By doing this in the beginning it supports the adult to gain the children attention and engages the children in the session. This activity supports the children with their listening and attention development.

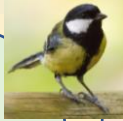
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Turn taking: Using sensory items with sounds create a bag or box containing fun exciting items of different texture and sounds; For example; hand bell, clatter pillar, rainmaker. Make it fun and inviting, follow the children's interest. This supports the children to wait their turn and share with their peers and to describe and explore the differences in the sounds of the items.

Breathing techniques: Ask the child to breathe in through their nose and a long exhale out of their mouth. Ask the children to place their hand on their tummy.

This allows the child to focus and physically see and feel their tummy rising. Teddy bear breathing; you can ask the child to lie down on the floor and place the teddy bear on their tummy. Breathe in and out. To make this fun you can breathe in and a long exhale out asking the child to roar like a lion. You can ask the child what animal they would like to be. Simple breathing techniques support children with self-regulating, emotions and calming state.

Being in nature: Provides opportunities for children to explore and learn through natural resources. Go on a nature walk stop and listen to the different sounds the children can hear in the environment for example; birds, plane, cars. This develops awareness of their surroundings. Collect sticks and leaves make to collages; this supports the children to connect to nature. This can support developing creativity. In the outside area of the setting you can do cloud gazing, by looking up into the sky talking about the clouds and let the children use their imagination to explain to the adults or their peers. On what they can see? For example; dinosaur, sheep. The children can also try painting clouds.



Stories: Reading stories around feelings supports children's well-being and provides opportunities for them to express and expand on their thoughts. However the adult reading the story needs to be mindful from a safeguarding prospective, sometimes children feel safe and secure and might disclose some sensitive information (for which you would follow your safeguarding procedures. A suggested story you could use is The Color Monster, a story about emotions by Anna Llenas

Nature Sounds: Listen to nature music at circle time or in free- play. The children can lie down, close their eyes and listen to birds or tropical rain forest, for example. This brings children into the here and now. Ask them what can you hear? Close your eyes what do you see? You can play classical music which gives a sense of calm, belonging and can support self regulation. These activities can provide lots of opportunities for young children to develop different skills, build confidence and to share experiences with others.

Yoga Moves: Yoga moves can support by boosting confidence, building cognitive skills and physical development. Begin with a simple move for example; being a butterfly flapping arms, bee making buzzing sounds. Stand tall like a tree putting both hands together and stretching. Use positive language for example; I am strong, I am happy.

Mindful colouring /Drawing

Try drawing or painting to music. Use different types of music to see how this changes the mood and the types of drawing that evolve. This will support children's creativity and also boost self esteem when their creations are valued.