

NURTURED

COURTESY OF



BITE SIZE INFO

Children can play and learn best when they are in a nurturing environment with someone who cares for them. They can also learn about the importance of caring from others by observing and helping to care for younger siblings and looking after pets or even plants.

ACTIVITIES

PRACTISE HELPFUL PRAISE WITH YOUR CHILD

You will need:

- Paper or card - try recycling a cereal box
- Any craft materials
- Glue, scissors, Sellotape
- Coloured pens, sweet wrappers, tissue paper, etc.

PART 1

Making a Superstar award together

Make a certificate or medal together - let your child take the lead as much as you can. Allow them to choose the materials to use, and the medal's shape, colour and size. Then help them to decorate it. Praise their efforts as they go - even simple things like squeezing hard to get out the glue, or concentrating when cutting. Your child will be proud of the end result, regardless of how it looks.

PART 2

Giving the award using helpful praise

You and your child can now decide how often you'll give out the award and what it'll be for. It could be every day or just once a week, maybe for remembering to brush their teeth or playing well or working hard on learning activities from nursery or school. Use it to recognise their positive efforts rather than the end product. So maybe "you've worked really hard on that picture" rather than "that's a nice picture".

MORE IDEAS

BUILD A BUG HOTEL

WHAT YOU NEED

- Logs/sticks
- Rocks/slate
- Wooden boxes/boards
- Leaves
- Bark
- Bricks/large rocks.
- Pinecones

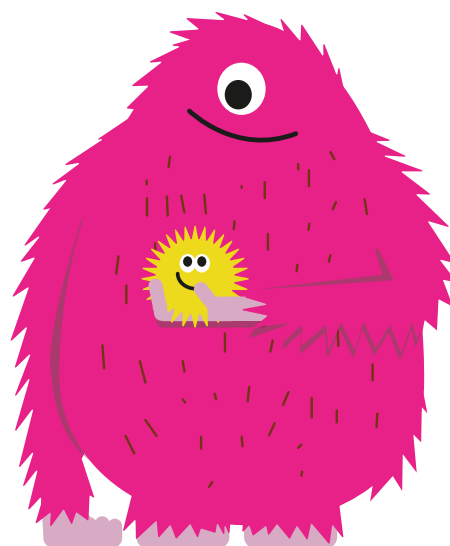
WHAT TO DO

Choose a green space that is level and solid.

First, create the basic structure of the hotel by using bricks and old wooden boards or palettes, leaving enough space for bugs to enter.

Fill in the gaps with leaves, twigs, rocks, bark, and any other natural material you can get your hands on!

Once your hotel is complete, place some slate tiles or wooden boards over the top to create a roof.



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Thank you to our friends at Play Scotland for providing this activity. You can find out more about Play Scotland by visiting www.playscotland.org