

If you have been on
Adventure Six you will
have met our little
Curious Creatures.
There are Eleven of
them who all love to do
Yoga and be Mindful.
Why not use them in
different ways.



I have created three little reflective journals around these little creatures, this first one has these four encouraging you as teachers, shapers and leaders of play to think about your practice.



There is a little 'to do' on each of their sheets. We are trying to be purposeful and think of ways to keep our minds busy but to focus on things that will be of value and have a positive impact on our practice going forward.

We are hoping to create a little set of these creature cards that you use in lots of ways with the children or at home to brighten your day!



I'm inviting you to get imaginative. Be bold and brave and try things out!



I'm asking you to listen to sounds surrounding us everyday. Notice them and call attention to them.



I'm encouraging us all to be kind and considerate. Make a little book of kindness to share.

I'm helping you get organised. Create in your head or in little look books all the resources you have to share.





When you are in your **learning spaces** take a walk around and find resources that make a noise. Some of them may make a noise without the children having to do something with them. Others may need interaction in some way from the children. Can you identify at least five of each? Are your learning spaces promoting and developing the auditory sense?

This is **Shone**, he is always quiet and calm. He loves to listen to the sounds all around him.

Encourage the children to think about these sounds on the way home in their cars, in their homes, at the shops or the park.

Challenge them to notice the different voices they hear. Do the people around them all sound the same? Do they notice?

Outside sounds are very different to the inside sounds. We may still hear the chatter of voices. Can you tell by listening the emotions of the person that is speaking?

Make a little list of sounds that happen naturally in the outdoor spaces.

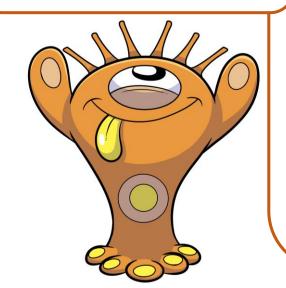
Birds, leaves rustling, twigs snapping, gravel crunching?

Reflect on how often you encourage the children to be kind and helpful. Do you call attention to this kind of event? When we notice the children be helpful or caring do we pause, freeze frame and highlight that you have noticed, not just to them but to everyone?

Use this little guy to encourage and nurture kindness and care in the play spaces.

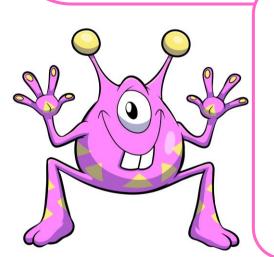
Why not make a sunshine to hang inside the room or on a wall somewhere. Make a little basket of sunbeams, yellow crepe streamers that the children can place into a basket when they have been thanked for their kindness that day. At the end of a session you could draw attention to how kind everyone has been with the amount of sunbeams on the sunshine.

Jem is a kind hearted little monster who likes to be helpful and kind whenever he can.



If you are not with the children at the moment or even when you are create a little book of kindness. You could write a little note of how each of them has been kind in someway to another person or an insect or by doing a little job. If you have photos of the children (it doesn't need to be carrying out the kindness) pop them in or when possible invite them to do a little drawing of the kindness.

This little guy is always coming up with different ways of walking, rolling his eyes and using his voice. Why not use your imagination to create little voices to use when engaging with the children. Take two books you love to read and share with the children. Really think about how you could use your voice to bring the character and story to life. Have a practice.



This is

Debut. He

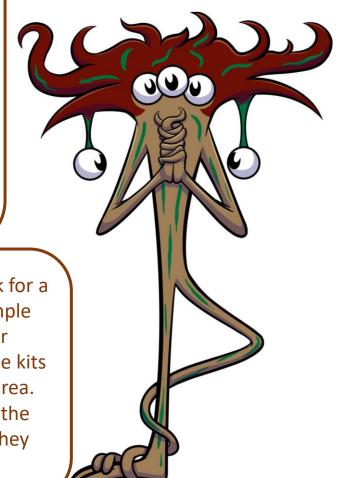
has a wild imagination. He also loves to be with his friends or even share a smile with them across the room

Debut also likes to take a dot for a walk. Why not practice mark making. Use some pens to create little spirals, zig zags, simple shapes with taking the first dot for a walk. As you draw talk aloud your actions and movements. This will make you more aware of how they are made. Next try writing your name. Notice how many curves, lines, angles are in the letters you have to write. Are they a little tricky?

Now if possible gather a few old pieces of clothing or material. Cut out a little square of each, about the size of A4 paper or slightly bigger. Look at the fabric and imagine what it could be made into, or what could be hidden inside if you folded and tied a scrunchy round it.

Let Arbi help you think about the way you organise and arrange the resources in your space. Consider if your spaces let the children see what's available to choose from. Do they know what's inside each basket, box or cupboard? Some children do not look past the obvious and would not normally think they can ask or take resources that are out of sight.

Arbi is always organised. She loves things to be ordered and everything to be in its place.



Why not create little look books for the art materials or the outdoor utensils. You could create little colour mixing 'recipe books' for play dough or mixing paint.

But sometimes we squash imagination and creativity by giving measure suggestions every time. Arbi would always follow the complete instructions of 2 cups of this and 1 of that, where is her imagination and creative thinking then!?

Perhaps create a little look book for a couple of your areas. An example might be to take a photo, or download a photo of each of the kits you have in the construction area. Make it into a little book that the children can select the ones they would like out.