

Peaceful Activities

Playing with clay



Squeezing, rolling, stretching, pinching, coiling. Will you keep the colours separate or merge them in together? It's up to you! Use your ziplock bag as a wipeable clay mat, or put a piece of paper down to keep tables clean!

Colouring

Colouring can be fun and relaxing! Don't worry if it's not perfect, just keep practising and enjoying the colours and the pictures.

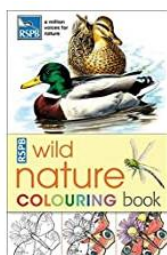


Draw your own pictures

Maybe you could draw pictures of imaginary places or fabulous costumes, vehicles, birds or animals? Or maybe you could draw pictures of things you can see, or pictures from stories you've heard?

Wildlife walk

If you're going on a walk, or can look out of a window, what wildlife can you see or hear? You might have to stay still for a while to notice birds or bugs.



Look at a book

Your colouring book has useful facts about animals to read too. Do you know any stories about animals? Perhaps you could make up a story about an animal in the book?