

Starcatchers' #WeeInspirations

Have some fun, save your sanity

LOVE LETTERS

THE BASIC IDEA

If your small person is missing someone: Granny, Grandpa, friends or their nursery, grab a bit of paper and declare "I'M going to write to them a love letter to say how much we miss them!"

OVER TO YOU, WEE ONE

Lots of young children don't like being told to write or draw, but they're more likely to get involved if they think the paper is YOURS. Chat about the person they miss as you draw, keep the pressure off and see if they pick up a pen. Let it be their idea to join in.

CHEEKY BONUSES

- fine motor skills
- chatting about feelings improves wellbeing
- links mark making and self-expression

VARIATIONS

- Older children can practice writing: about their day, a story, or even just sign their name!
- Take the children with you when you post the letter to show them where it goes and send it on its way

AND REMEMBER...

Even if they don't pick up a pen, it doesn't matter, you're helping your wee one make the connection between mark making and expressing important thoughts. Plus you'll brighten someone's day with a nice letter!



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