

Starcatchers' #WeeInspirations

Have some fun, save your sanity

SENSORY WOW!

THE BASIC IDEA

Go through the senses and think of sensory experiences *you* enjoy - it could be a smell you love, warm towels, cracking icy puddles or popping bubbles. Your challenge is to find a new way to share that WOW with your wee one.

OVER TO YOU, WEE ONE

You know your wee one best - would they be more excited about some scented playdough if it's wrapped up as a present, or hidden under a cloth to be revealed? Will they be more interested if you pretend the experience is just for YOU? Share your excitement, then *you* start playing - they'll soon follow your lead.

CHEEKY BONUSES

- Choosing something you're genuinely enthusiastic about means your wee one is more likely to get engaged
- Even if they don't take you up in your offer to play, at least you get to spend five minutes exploring something you love

VARIATIONS

- Different ways of moving have sensory feelings too, e.g. jumping vs. dancing slowly. Try and incorporate some movement or dance!
- Make use of nature's resources! Play with moss on a tree, beach in bare feet, laying materials out beautifully or stomping through snow or leaves.

AND REMEMBER...

Taking 10 minutes to become "lost" in a simple sensory experience is a great way to lower stress whether you're three months or 93 years old. Don't stress if your wee one doesn't play the way you want to - it's an offer, not a command.



For the podcast episode & video of this Wee Inspiration head to:
www.starcatchers.org.uk/episode6