



WEE  
PEOPLE,  
BIG  
FEELINGS

# Starcatchers' #WeeInspirations

No-fuss creative ideas to engage  
little ones at home

## ON THEIR LEVEL



### THE BASIC IDEA

Get down on their level! Clear a space and get down on the floor: crawl, travel and move across the floor. Top tip: taking your shoes off together helps their mobility and gets you ready to play!

### OVER TO YOU, WEE ONE

Try mirroring what your wee one does - it lets them be in the lead, and is a great way to get in sync with them without having to jump straight into conversation or suggesting ideas.

### CHEEKY BONUSES

- A great way to connect and have fun together
- Developing listening skills
- Building understanding of what our bodies can and can't do - great for talking about boundaries

### VARIATIONS

- Use your imagination! Maybe you're creeping through a forest or swimming through the sea.
- Take turns to suggest what creatures you find - can you show your best impression of a fish? Or a tiger?

### AND REMEMBER...

Follow their energy - if they're high energy, you can use faster movements, crawl around or use some rough and tumble. If you feel they need to wind down, use soft music and slower movements. A great way to wrap up play is to suggest you go to "sleep" and pretend together. When your ready to "wake up", you're ready for something new!



@StarcatchersCS  
@StarcatchersUK

[www.starcatchers.org.uk](http://www.starcatchers.org.uk)

