



### Discussion questions

- How would you encourage, and support big movement play in your setting?
- Do you feel empowered when reading story books? What things are supporting or stopping you?
- How does your environment impact on the way wee ones play and self regulate? Are there things you could change to support self regulation in lots of different ways?

### Creative challenge

Set up a reflection area this could include mirrors, water, foil anything that we can see our reflection in and encourage wee ones to look at your face and theirs. By changing your facial expressions you can begin conversations around what feelings look and feel like whilst also celebrating our uniqueness. How do wee ones respond to the different emotions they see?

### Key quotes

*"Self-regulation, there's turn taking, there is obviously emotional literacy of them having the boundaries to say to each other, following rules to like sort of 'stop I'm hurt now' and children would be aware of that"* **02:35:24**

*"Also find that some of our children who were obviously struggling to self regulate when they were at the heights of anger and sometimes you try the calm approach, let's go find something else do you want to go an do this some of this would not help them regulate. So if you sometimes do the tickle the rough and tumble, which tickling comes under they would in a few minutes have that release."* **00:10:15:12**

*"I also think that it's allowed us as practitioners to reflect on our practice go a wee bit more in depth with the storytelling but it's all about confidence when doing it too."* **00:24:20:07**

### Listen back

Seeing the difference of Big Movement Play in different environments: **00:02:35:24**

Using storytelling to explore emotional literacy: **00:14:32:23**

Developing experiences: The Gingerbread Man: **00:22:16:16**

Voice of the child: **00:26:58:20**

### Further Reading

- [Big Movement Play: Pathways into Play](#)
- [Creative Experiences: The Gingerbread Man](#)
- [Wee People Big Feelings](#)
- [Wee People Big Feelings Practical Guide](#) (pg 16 onwards for more about Big Movement Play)