

WEE PEOPLE, BIG FEELINGS MORAY



MUSIC

Play Kit Booklet

Packed with ideas for creative play
inspired by Starcatchers' Wee People Big
Feeling Moray play sessions.

CONTENTS

- Playlists
- Singing Bowl



THE ARMED FORCES
COVENANT FUND TRUST
Funded by HM Government





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ABOUT STARCATCHERS

Starcatchers is Scotland's Arts and Early Years organisation. We believe that our youngest children, those aged birth-to-five, should be able to fulfil their right to access arts and creative experiences that give inspiration, joy and wonder to early childhood in Scotland.

The Wee People, Big Feelings Approach

"Every forces family is different, and every deployment is different: sometimes we cope well with the transitions, and sometimes it can bring a lot of challenges. There's no one size fits all approach, its important we develop a repertoire of techniques to support wee ones and their families."

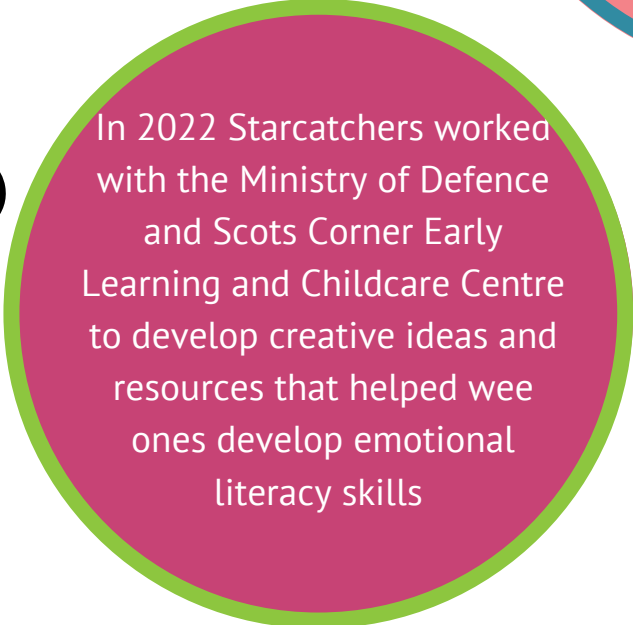
Early Years Practitioner and Forces Family member



Wee People, Big Feelings has been developed to support forces families with wee ones age 2-5 years old



The Armed Forces Covenant Fund has now funded Moray Council and Starcatchers to bring Wee People, Big Feelings to develop Creative Play Kits with nurseries in 2025-26.



In 2022 Starcatchers worked with the Ministry of Defence and Scots Corner Early Learning and Childcare Centre to develop creative ideas and resources that helped wee ones develop emotional literacy skills



Artists Heather Fulton and Ruby Worth have been working directly with 5 local nurseries to develop creative play kits that help support the emotional cycle of deployment.



CO-CREATION

The **Wee People, Big Feelings approach** offers opportunities to tune into wee ones and how they communicate, pre- and non-verbally, through movement, music, stories, and play. By placing wee ones at the heart of the experience, you can respond, adapt and create together. Shaping creative invitations around the needs and interests of wee ones, will mean you are truly co-creating.

Be curious

Approach each moment with openness. Notice what captures wee ones' attention and allow their curiosity to guide your own.

Follow

Resist the urge to direct. Trust wee ones' ideas, pace, and ways of exploring, to allow for the experience of discovering together.

Boundaries

Some children may choose not to take part, and that's okay. Respect their boundaries by offering experiences as invitations rather than instructions.

Every moment invites exploration

Every action, idea, sound, object, or response is an invitation to explore together.

Wee ones will engage in their own way.

Slowing down and taking time to understand each child's strengths, preferences, and needs allows you to adapt the experience so everyone can participate in ways that feel comfortable, meaningful, and enjoyable.

Yes together

We know that saying yes to everything isn't always possible, there are times when boundaries are needed. The 'yes' space is about looking for the possibility within limits; finding a way for your 'yes' to meet the wee one's 'yes', so their curiosity and agency can still flourish.



WEE PEOPLE BIG FEELINGS MORAY

Video series



Our Wee People Big Feelings video series was dreamt up by Artists Heather Fulton, Ruby Worth and Starcatchers together with the settings, families and little ones who are taking part in Wee People, Big Feelings. Each video represents a big theme or interest we observed the little ones focusing on with their grown-ups, and captures all the different ways we played and explored together. Scan the QR code below to access the videos:



PREPARING THE SPACE

[VIMEO.COM/1210496433](https://vimeo.com/1210496433)



HOW DO YOU FEEL

[VIMEO.COM/1210498547](https://vimeo.com/1210498547)



HUMAN PLAYGROUND

[VIMEO.COM/1210501637](https://vimeo.com/1210501637)



STRETCHY BAND PLAY

[VIMEO.COM/1210504777](https://vimeo.com/1210504777)



BIG LYCRA PLAY

[VIMEO.COM/1210805919](https://vimeo.com/1210805919)



TAPE PLAY

[VIMEO.COM/1210834620](https://vimeo.com/1210834620)



RIBBON PLAY

[VIMEO.COM/1210725712](https://vimeo.com/1210725712)



STORYTELLING

[VIMEO.COM/1210533780](https://vimeo.com/1210533780)



MARK MAKING

[VIMEO.COM/1210540055](https://vimeo.com/1210540055)



RELAXING

[VIMEO.COM/1210513930](https://vimeo.com/1210513930)



REFLECTING

[HTTPS://VIMEO.COM/1210526971](https://vimeo.com/1210526971)



MUSIC



EXPRESSING FEELINGS

Music supports different ways of being and feeling. Think of music as a way of being that feels uplifting and nurturing.

CREATIVE THINKING

Music encourages imagination, inviting in images, travels, new worlds and new ways of seeing and being together.

GO INSTRUMENTAL

Most of the music we use in our WPBF sessions is instrumental, without the direction of lyrics the body and the imagination have full reign to move and play.

TIME

Thinking of music as a journey, giving children time to explore self-expression and space to connect with you within the shifting musical landscapes.

Occasionally lyrics will enhance the experience, for the ribbon play this may be lyrics about colour and how colour makes us feel. Or choose music that matches some of the prop play, the sound of hands splashing on water for an underwater journey or a lively piece for stopping and starting together.

SPEAKER

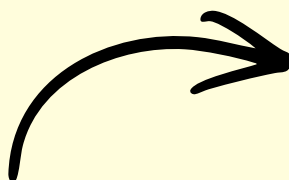


We recommend using a speaker as the best way to listen to the Wee People, Big Feelings playlists. A good-quality speaker creates a shared listening experience. It can also help keep phones away from the play space, reducing distractions and allowing you to be more present with your wee one. We hope it helps create a calm, immersive environment where you can enjoy exploring together.

MUSIC PLAYLISTS AND THE ARC OF A SESSION



In Wee People Big Feelings, we use music to hold and unfold the journey, or arc - the natural flow of the experience. To guide the sessions from playful arrivals and creative movement play through to imaginative play, storytelling, mark making and relaxing.



STRETCHY BAND PLAY

Some playlists include the sound of hands on water to evoke the feeling of the sea. This creates an invitation to bring out the stretchy band. The music then moves into imaginative play tracks supporting storytelling.

STORYTELLING

Music acts as a bridge carrying children from listening into collective imaginative play.

RIBBON PLAY

The music shifts to a lively series of tracks, joyous, colourful. This is a moment where lyrics are introduced adding a layer of expression.



CREATIVE MOVEMENT PLAY

The WPBF Playlists are designed to gently guide. Beginning with inviting, light, playful music to welcome the children into the space and into their bodies. The tempo of the music will gradually build, encouraging a release of energy and free flowing expression.



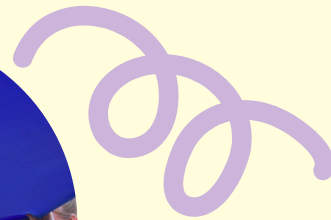
Here is a guide to how the Wee People Big Feelings Session Playlists were structured and could be used in a session or at home. The music may also inspire other activities and are equally open to being used in any way they want to be.





The Music Play Kit includes music playlists to support your Wee People, Big Feelings experiences. You may also have a speaker to help create a shared listening experience.

Two of the playlists follow the arc of the activities outlined in the Creative Movement and Mark Making Play Kits. Additional playlists include a Relaxing Playlist and an Energizing playlist offering music to support different moments of exploration, connection, and play.



BIG LYCRA PLAY

The big lycra can be pulled out at any point, a good place could be during storytelling as it offers lots of possibilities for imaginative play. The music here begins lively and then flows towards quieter relaxing tracks as the children settle into the lycra pods, hammocks, or as pillows creating a cosy comfortable space.



MARK MAKING

The music towards the end of the playlist is relaxing and quietening, spacious and offers contemplation, being present in the creative process. The markmaking can be a place where the children may be exploring their own responses to the images, stories and feelings that have come up in the session.



THE MUSIC MAY ALSO INSPIRE OTHER ACTIVITIES AND ARE EQUALLY OPEN TO BEING USED IN ANY WAY THEY WANT TO BE.

RELAXING

A continuation of relaxing music to facilitate spaciousness and invite in cosiness.





THE SINGING BOWL



The sound and vibration of the singing bowl offers a grounding experience for children, by providing a gentle sensory focus, that can support children's nervous systems to relax. The vibrations can feel physically soothing, while playing the bowl also supports fine motor control and encourages children to tune into their sense of hearing and the immediate environment.



At the end of the play session, we bring out the singing bowl in a closing circle to offer a collective space for relaxation and reflection. Sitting together, passing the singing bowl around, listening to its resonance, we each have an opportunity to ring it and be mindful together.

SINGING BOWL BELL

We also use the bell sound as part of a playful transition at the end of a session. The sound helps children shift from the shared experience into the next part of their day.

"On the sound of the bell, lets all stand up"

Ring Bell

"On the sound of the bell, lets have a wiggle"

Ring Bell

"On the sound of the bell, lets put on our socks and shoes and dance into the rest of our day"

Ring Bell

SCAN ME





Video 3

HOW TO FINISH A SESSION



RELAXING

Getting cosy together, putting out blankets, pillows, lying down, having a wiggle, a cuddle and a snuggle.



REFLECTING

Reflection can happen in many ways. Children may share through words, but also through their expressions, gestures, movement, sounds, or simply by being present. Notice what they choose to offer—what has made them smile, what they have enjoyed, or what they want to revisit from the session or the day.





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