

Wellbeing Wednesday Activity Inspiration



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Activity Inspiration

Under 2's



Essential Oil Play Dough

Use different essential oils correctly diluting in play dough to create different scents to explore. Evoke calming using lavender or uplifting moods using mandarin.



Mirror Play

Encouraging mirror play creates the foundation for children learning and understanding their emotions. Role model different faces speaking what emotion you display.



Baby Spa

Nothing beats a calming mini spa day! From coconut yoghurt face masks to foot rubs, think of calming ways to create peaceful moments within busy routines.



Nature Strolls

Take your babies on a stroll in the great outdoors. Stop often to get down on their level, encourage looking at the sky and different nature viewpoints.



Baby Yoga

Encourage gentle poses with baby yoga. Gently move the children into different poses, helping stretch their bodies out.



Herbal Slime

Create a sensory experience by making edible herbal slime. Using herbs such as mint or thyme, create herbal slime for the children to enjoy and experience.

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Toddlers



Outdoor Colour Hunt

Using an old egg carton, paint each section a different colour. Then encourage the children to explore the great outdoors in search of something natural which matches a colour on the egg carton.



Kindness Rocks

Encourage the children to decorate a selection of rocks. Talk about kindness whilst decorating. With help from an adult write encouraging messages on the rocks. Distribute them around your local area as a random act of kindness.



Fruit Exploration

Encourage the children to explore their senses through fruit water play. Talk about the colours, shapes, and smells. Enhance play by adding different essential oils correctly diluted.



Nature Painting

A super fun way to add a different element into painting is to use different natural ingredients. Mud for brown, berries for reds and even dandelions for yellows. Explore your gardens to create the perfect nature palette.



Sensory Bottles

Toddlers are at the prime stage of big emotions and learning how to regulate them. One way to help with this is to create sensory bottles for the children to play with when they are struggling with those emotions. Encourage calmness and deep breathing.



Teddy Bear Breathing

To help develop self-regulation and understand breathing techniques, encourage the children to lay down with a bear on their tummys. Teach them to inhale lifting the bear up with their bellies and exhale lowering their bellies back down.

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Preschool



Mindfulness Garden

Create a space in your gardens dedicated to wellbeing. Within this area encourage quiet time to listen to the birds and surroundings, plant herbs to explore senses and encourage kindness towards nature.



Emotion Potions

Challenge your children to find the 'recipe to happiness' in a fun potions tuff tray. Create conversations around different emotions and what makes each child happy/sad/scared/excited whilst pouring different liquids and adding different elements to the big pot!



Barefoot Walks

Take sensory play to the next level through barefoot walks. Set up a series of tuff trays and big containers filled with different ingredients. Think outside the box with your ingredients, mud, slime, sand, jelly! Try to create different textures and sensations (wet, slimy, hard, soft, dry, crunchy!)



Dragon Breathing

To help practice mindfulness and belly breathing create a dragon breathing tube. When the children are practising their breathing into the tube the tissue paper will flutter encouraging those deep breaths.



Nature Faces

Using mirrors, encourage the children to look at themselves posing different emotions. Then challenge the children to recreate those emotions using natural resources. This helps continue the development of emotions and how they present themselves in different children.



Healthy Eating

Invent fun ways to encourage conversations around healthy eating. A fan favourite is fruit pizzas! Use watermelon slices as your base, greek yoghurt as your sauce and allow the children to pick their own toppings! The best bit is you don't need to wait for them to cook in the oven - enjoy!