

SENSORY BOTTLE AND A TENT

Teaching your child **resilience and emotional regulation** is essential for their development. The two activities that follow will be challenging for children and they will have a chance to demonstrate grit by persevering with the tasks.

Hand-eye coordination, prewriting skills, fine motor development, crossing the midline, language development, resilience and emotional regulation, cause and effect, gross motor development, pre-proprioception

1. SENSORY BOTTLE

Fill a clear plastic bottle with water and a metal paperclip. Give your child a fridge magnet and ask them to move the paperclip from the bottom of the bottle to the top. You do not need to use a strong magnet for this. In fact, a weak magnet provides children with more opportunities to develop resilience. They will learn that the best way to move the paperclip is by doing it slowly and steadily.

A note on choosing magnets

In order to get the difficulty right with this activity, parents are encouraged to try it out for themselves with a range of fridge magnets so they can provide their child with one that is challenging while still being possible.

A note on a parent's role

Keep your comments limited to encouragement only. Encourage your child to persevere but allow them the space to experiment and see how they can make the exercise work.

A note on safety

As with all play that involves small parts, it is essential that this exercise is closely supervised by an adult.



2. BUILDING A TENT

Building blanket tents is a happy memory for many of us. In this exercise, it is the child that takes the lead. Start this activity with a conversation about building a tent in the house using what is available. Ask your child how this can be done. They might ask for blankets, chairs, coffee tables, sheets, a broom or mop, etc. While keeping an eye on potential safety concerns, encourage your child to build a tent. They might ask for help. Before providing that help encourage them to try it themselves. Just be near at hand because your child will be exploring their limits and accidents can happen. Your child might experience frustration when blankets slip off furniture or other challenges occur. Encourage them to persevere through these challenges. A parent can be there to prevent a chair from toppling, for example, but it can be the child who works out how to move it safely.

Once the tent is complete, bring fairy lights or a torch into the tent and read a book with your child in their newly constructed tent. You might even decide to have a picnic in your new tent!

