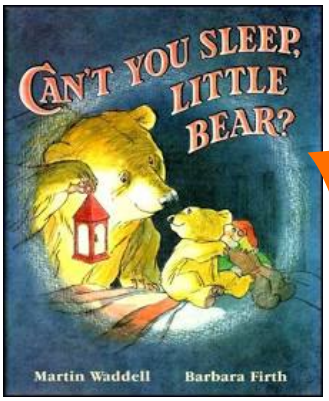
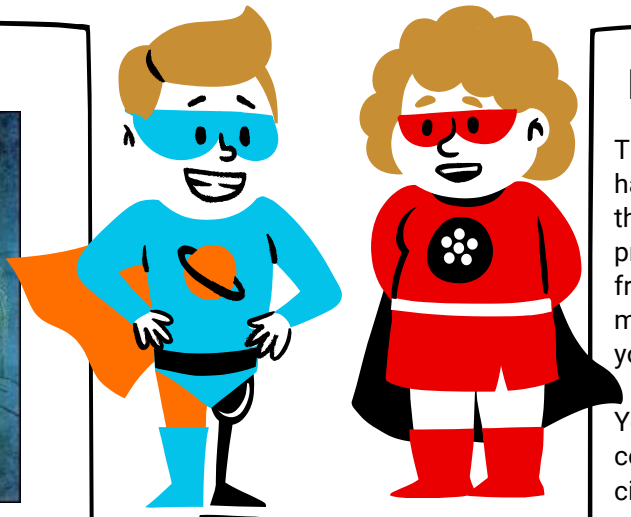
HAVE COURAGE

STORY TIME



What are you afraid of? Written by Martin Waddell and illustrated by Barbara Firth, this classic story is all about overcoming fear.

During a sleepless night in the bear cave, Big Bear sets out with all his patience and understanding to show Little Bear that the dark is nothing to be afraid of. Read along to the story at https://youtu.be/u1aJimzuzbg



SUPERHEROES

Kids, your mission, should you choose to accept it is to design your very own superhero, a hero that represents you and your superpowers.

Really use your imagination and get creative! Draw, paint, build, craft – use whatever you love to do! Ready... steady... go... and have fun.

DREAMCATCHERS

The perfect tool to help you feel happier and safer at night tine, the dreamcatcher is a sign of protection, used to protect you from bad dreams. Have a go at making your own to hang by your bed.

You will need; Feathers or coloured paper, a paper plate or circle of card, hole punch, wool or coloured thread.
1. With adult help, cut out the centre of the plate leaving the circular edge.
2. Cut or use hole punch to create several holes for threading
3. Thread and cross over to the opposite side, creating your own unique pattern
Thread and attach feathers or coloured streamers of paper to the bottom.

TRY SOMETHING NEW

Get your whole family together and work your way through these 'try something new' challenges this summer.

Why not try a new food, something you've never seen before! Or, a new skill?

Or, you could attempt a challenging puzzle, set yourself a timed activity or a goal to achieve or a fitness goal...