

Quiet time activity

Story basket!!

Its important for children to experience some quiet time activities that encourage them to focus on the activity in hand in a quiet enabling environment.

What you need: A basket filled with some favourite toys and real items, cushions and blankets, and perhaps a tent or den if outside!! Add various books to the area too.

Firstly, I would make an inviting calming area (either indoors in a quiet corner of the house or outside in a den/tent) and place lots of comfy cushions and blankets on the floor for your child to feel relaxed and calm. Place some books there too.

Calmly and quietly explain to your child this is a “quiet area” and we should try and use our quiet voices”. Explain to them that you have a basket full of their favourite toys and that we’re going to make a story using these toys in the basket. Start by picking out a first toy (eg. you’ve chosen a bear) and begin the story with “Ready, listen Once upon a time there was a bear and he looked hungry. He began to roam around when suddenly”, “what happens next?” you ask your child to pull something else out of the basket and he carries on the story using his chosen object. They may need a little help (ask open ended questions to aide their thinking). The story can go any way they choose. Have fun with it and praise them and repeat what they have said to show that you are listening to them.

What are the learning outcomes: Your child will learn to focus, make links between his toys and the story, take turns, helps with their imagination by encouraging them to build stories around their toys and experiences learned and use language to express their thoughts.

This activity may take 5 or 10 minutes depending on each individual child and may lead on to independent play for a while after too.