

An interview with you

Have a chat together and interview each other. Ask a question and have both of you answer it.

- What is your full name?
- How old are you?
- What do you do on weekdays?
- What is your favourite thing to do in your free time?
- What makes you happy?
- If you were an animal, what animal would you be?

Did you learn something new? Come up with some extra questions to ask each other.

Balancing act

See how you can balance using your own body:

- Can you stand on one leg?
- Can you lean forward at the same time?
- How about straightening your lifted leg behind you?
- What happens if you close your eyes?

Switch legs and try again. Is it easier on one leg than the other?

For life to run smoothly, things need to be evenly balanced. Why do you think that is?

Change of plan

How do you feel when plans change?

Listen to the following situations and use your fingers to show how much the situation would annoy you. One finger means a very small amount of annoyance, and five fingers means a lot of annoyance.

- You'd like to wear your favourite shirt to school, but it's dirty and in the laundry basket
- You're about to go to a friend's house to play, but your friend has to go somewhere and playtime is cancelled
- You'd like to watch a certain show, but you're not allowed to because of the age limit
- You're planning to go swimming, but you fall on the way and have to cancel the trip because of a wound

How do you get over your annoyance in these situations? What helps you do so?

Getting out of bed

Sometimes you feel tired in the morning and you don't feel like getting out of bed at all. A workout can help you open your eyes and stimulate your body, also in the middle of the day.

- Raise your arms up and stand on your toes
- Stretch your arms up one by one towards the sky
- Touch your toes with your hands
- Throw some punches in the air
- Run on the spot
- Rotate your body from side to side
- Roll your shoulders around a few times

Hi there!

Saying hi is an easy way to cheer someone up. Saying hi does not take up energy and is not hard.

Do you know how to greet people in different languages?

What language do you use to greet people? How can you greet people without using words? Who could you greet?

In an emergency

Do you know when you should call the emergency number?

Find something to use as a phone (such as a stick or a pine cone). One of you plays the caller and one is an emergency centre operator. How could the conversation go?

Do you remember what the emergency number is?
Form the emergency number on the ground using any natural material that you can find.

Joy in your day

Sometimes joy needs a little nudge to come out. One way to give it a nudge is to laugh. Even a fake laugh can bring out real joy.

Think about and try to show how these creatures would laugh:

- A teeny tiny mouse
- A fairy whose front teeth have fallen off
- A pirate being tickled
- A unicorn when it hears a joke

What kind of things bring joy and laughter to your days?

Keeping safe in traffic

Close your eyes and listen carefully.

What is happening around you? What sounds do you hear? What can you observe just by listening?

Open your eyes and look around you. Is there something going on that you could not sense only by listening?

If the child has their own phone, agree where they will keep it when moving in traffic. In their backpack or pocket or will they leave it at home during the day?

Our family superpower!

What is our family good at? What is our family especially great at? Think about what could be your family's super skill and what it would look like.

Come up with a superhero greeting related to the skill. You can also create a human statue of the skill and take a picture of it with a mobile device.

Could your skill be, for example

- The skill to cook up amazing meals from whatever you can find in the fridge
- The skill to say beautiful things to others
- The skill to dare to try out new things
- The skill to tell hilarious jokes

Penny for your thoughts

Try to guess what the other person is thinking.

Choose which of you is the guesser and which one comes up with something to think about. It can be anything, like an animal, a place, an activity, a character or a thing.

The guesser begins to ask questions and the other person is allowed to answer yes, no or I don't know. You can start by asking, for instance:

- Is it an animal?
- Is it a place?
- Is it something that we have at home?
- Can you touch it?
- Is it an activity?

If the other person cannot guess what you are thinking about, you can provide some clues.

Prick up your ears!

Try listening to instructions so that the adult reads the instructions and the child follows them. Each set of instructions begins with you standing still as normally as possible.

- Lift your right foot up. Raise your left hand. Stick out your tongue. Good!
- Lift your index fingers on both hands and jump up in the air five times. Good!
- Crouch down. Close your eyes. Try to whistle. Good!
- Open your arms wide. Smile. Prepare to be hugged by the adult. Good!

You listened very well!

Taming Temper Tom's tantrum

See what it feels like to calm down with an adult.

Stop, sit down if you can, lower your hands into your lap and close your eyes. Calmly count from one to twenty together.

How do you feel after counting? In what situations could you use this skill?

Time to eat!

What skills related to mealtimes do you already have?

Give a thumbs up, sideways or down depending on what you can and what you cannot yet do on your own.

- Spreading butter on bread
- Peeling a potato
- Cutting fruit
- Using a knife and fork
- Opening a milk carton
- Pouring a drink into a glass

Which of these could you practice next? If you already know how to do all this, could you start practising cooking with an adult next?

Ways to concentrate

Stand or sit in front of an adult with your back to the adult. If you want, you can close your eyes.

Let the adult draw various shapes or letters on your back with their finger.

What did the drawing feel like? Did you recognize the shapes or letters? You can then switch roles.

In what situations is it important to concentrate and what methods could help you concentrate?

When you're scared or anxious

Think of ways that can help you in situations where you're scared or anxious.

Give a thumbs up to show which of the following ways could work for you:

- I get to talk to an adult about the thing that scares me
- I get to be next to an adult when I'm scared
- I get to hold someone's hand when I'm scared
- I get to prepare for something scary by drawing
- I get to prepare for something scary by reading or hearing about it

Remember to always tell an adult if you're scared of something in the future or a thing or situation that has already happened.