



# ADVENTURE 7

## ME & MY FEELINGS

### Activity 1 - What can you hear?

Pick your favorite tree, give it a hug and sit and listen to it for a minute or two. Can you hear wind or water? Can you hear birds, animals or insects? Can you tell if they are flying, walking, eating, singing? Count how many different nature sounds you can hear. How did sitting quietly make you feel?

### Activity 2 - Holiday Memory Jar

Decorate a jar to make it as happy as you can, try using stickers and pictures. Collect things that will remind you of what you did during your summer. Then with your family write or draw things that made each person feel happy. Put all your holiday treasures in the jar.

If you ever feel sad look in the jar and find a happy memory.

### Activity 3 - Blow Away Your Worries

Worries are normal and talking about them can help make them feel less scary. So, if you are worried ask a grown-up in your family to help write some of them down. If you can feel where the worry is in your body point to it? When you are ready take a deep breath in and a deep breath out – and blow your worries away.



**Books to read together...**  
**Baby Faces** by Dorling Kindersley







# STUFF FOR GROWN-UPS

## What is the Summer Family Adventure?

To celebrate the Year of Childhood **Fathers Network Scotland**, **Children's Parliament** and **Scottish Book Trust** have come up with seven adventures the whole family can enjoy together. Take a trip into space or under the sea, this summer you won't even need passport.

## What is the Year of Childhood?



It's a year-long celebration of childhood running throughout 2021, hosted by **Children's Parliament**. It aims to encourage grown-ups to listen to and share ideas and experiences with children.

## Why play outdoors?



We know this year has been tough for you and your children. The good news is getting your kids outside to play will really help.

Outdoor play gets kids active and lets their imaginations run wild. Play can help kids of all ages to manage their emotions and feel better. It helps kids develop both mentally and emotionally, stay healthy, and have fun. It'll stop them bouncing off the walls at home, and the fresh air even helps them sleep. Getting outside is just as important for grown-ups physical and mental health, too!

Your family doesn't need a great big open park on your doorstep or even a garden to enjoy the outdoors. You can play outdoors anywhere, even just a walk along the street can be a great chance to have some fun together.

## Need more toys?



Do your kids want some different toys to play with? Did you know there are toy libraries across Scotland. You can find them at: [Playworks Dumfries](#) • [Lorn Toy Library](#) • [Play Borders](#) • [Gorgie/Dalry Toy Library](#) • [Blackness Toy Library](#) • [Shetland Pre-School Play](#) • [Campbelltown Toy Library](#) • [Midlothian Play Base](#) • [Play Plus Toy Library](#) • [Merry Go Round Toy Library](#)

Find out more from the [Smart Play Network](#).



We'd love to hear what you get up to!  
Hashtag:

**#SummerFamilyAdventure**  
**#YearofChildhood2021**

## Why learn together?

We are sure you deserve a huge pat on the back for all the playing and homeschooling you have done this year. But do you know how much it matters? Spending time helping your kid's learn is one of the best ways to improve how well they do at school!

We've use the **Bookbug** and **Read, Write, Count** books gifted to children across Scotland to inspire each adventure. There are some fun books to read together and easy writing and counting activities each week. Scottish Book trust have also created a great resource to help make the most of your [Bookbug explorer bag](#) as well as a [home activities hub](#) for children of all ages.

All of the books detailed are also available in libraries across Scotland. Libraries are a wonderful, free resource for readers and writers of all ages. Find out about everything libraries can offer, including Scottish Book Trust activities, [HERE](#).

