

5 ways CHILDREN CAN INSPIRE AND HELP THE COMMUNITY

Big Life Journal

1 MAKE GROWTH MINDSET ROCKS

Decorate rocks with encouraging growth mindset statement. Leave the rocks in mailboxes or around the neighborhood for people to find.

Here are **some ideas** for your children:

- Keep going!
- One day at a time.
- You're strong.
- You matter!
- You are loved.
- You got this!
- We're all in this together.
- This is tough and so are we.



2 CREATE SIDEWALK CHALK ART

Children can write **colorful messages** of hope on neighborhood sidewalks. Ask your kids to choose positive messages or draw images that could **brighten someone's day**.

3 BUILD WINDOW DISPLAYS

Window displays are another way to connect with and **encourage neighbors**. Ask children to draw and post kind words or well wishes, hang images of hearts and rainbows to **spread positivity**.



4 START A CHILDREN'S BOOK EXCHANGE



Create a "free library" using a bookshelf, cabinet, or even a storage box for toys. Your children can make a sign encouraging others to **take a book** and return it when they're done.

5 ORGANIZE A FOOD PANTRY

Together with your children, fill a box with non-perishable food and personal care items. Leave a sign **encouraging neighbors** to take what they need.



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Early Intervention Family Worker Tips and Ideas

Feedback & Future Support

This is my 14th week of sending out hints and tips and it would be really great to receive some feedback from Parent/Carers and School.

Let me know:

- Which weeks have been your favourite?
- What have you used most?
- What have you found the most useful?
- Which one have you shared with friends?
- Which one has had the biggest impact?
- Have you seen one you already used & are feeling proud about that?

All feedback is great and if you have any ideas or things you are currently struggling with that you think would be a great feature, please do send me an email on the address below.

WHAT TO PUT IN A CALM DOWN BOX

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Items that provide proprioceptive support

- Weighted lap cushion or weighted stuffed animal
- Weighted vest or pressure vest
- Stretchy resistance bands
- Sensory tunnel
- Mini massager
- Body sock
- Small blanket

Items to squeeze & keep hands busy

- Fidgets like Tangle Jr. or puffer ball
- Rubik's Cube
- Play dough or silly putty
- Pipe cleaners
- Stress balls
- Bubble wrap
- Bag of tissue paper to rip
- Scarves or fabric scraps
- Spinning top

Items to support breathing & relaxation

- Bottle of bubbles
- Pinwheels
- Straws and cotton balls or pom poms

Items for olfactory sensory support

- Calming essential oil spray
- Smelling bottles
- Scratch and sniff stickers

Items to get kids moving

- Book of yoga poses or yoga activity cards
- Skipping rope

Items for auditory sensory support

- Noise cancelling headphones
- MP3 player with music
- Audiobooks

Items for oral motor sensory support

- Chew toy or chew necklace
- Chewing gum, hard candies, or lollipops
- Snacks with a variety of textures
- Whistle, harmonica, party blowers, or similar
- Rescue Remedy Spray

Items that give kids a brain break

- Puzzle
- Books to read
- Blank notebook and writing utensils
- Coloring books
- Scratch art doodle pad
- Small chalk board, Magna-Doodle, Etch-a-Sketch, or Boogie Board
- Activity books
- Photo album

Items to visually calm

- Visual calm down cards
- Sensory bottle or calm down jar
- Light up toys
- Flashlight
- Plastic snow globe
- Kaleidoscope
- Hourglass
- Eye mask

For more support, please don't hesitate to contact me.

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