

# Moments of Meeting

These resources were created in collaboration with a group of friends and colleagues whom I greatly esteem.

Their characters are wise, generous, intuitive and loving.

The quality of their work across a range of professions is of the highest standard and we are lucky to be the recipients of their advice, intelligence and experience.

We at Anam Alba would like to say a heartfelt thank you to;

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The following resources are all intended to prompt and encourage conversations and moments of connection between adults and children in both formal and informal settings.

We hope that they are simple to use. The only resources needed are the willingness to connect authentically and enjoy the experience.

If you have an abundance of imagination and experience with children then please feel free to run with it, adapt, change, add your own idea and if you wish – get in touch and tell us what you have done.

# CONTENTS

Section 1 – Practical Activities

Section 2 – Conversations Using the story book

Section 3 – Embodiment, Autonomy and Regulation