

SECTION 1 - PRACTICAL AND FUN ACTIVITIES

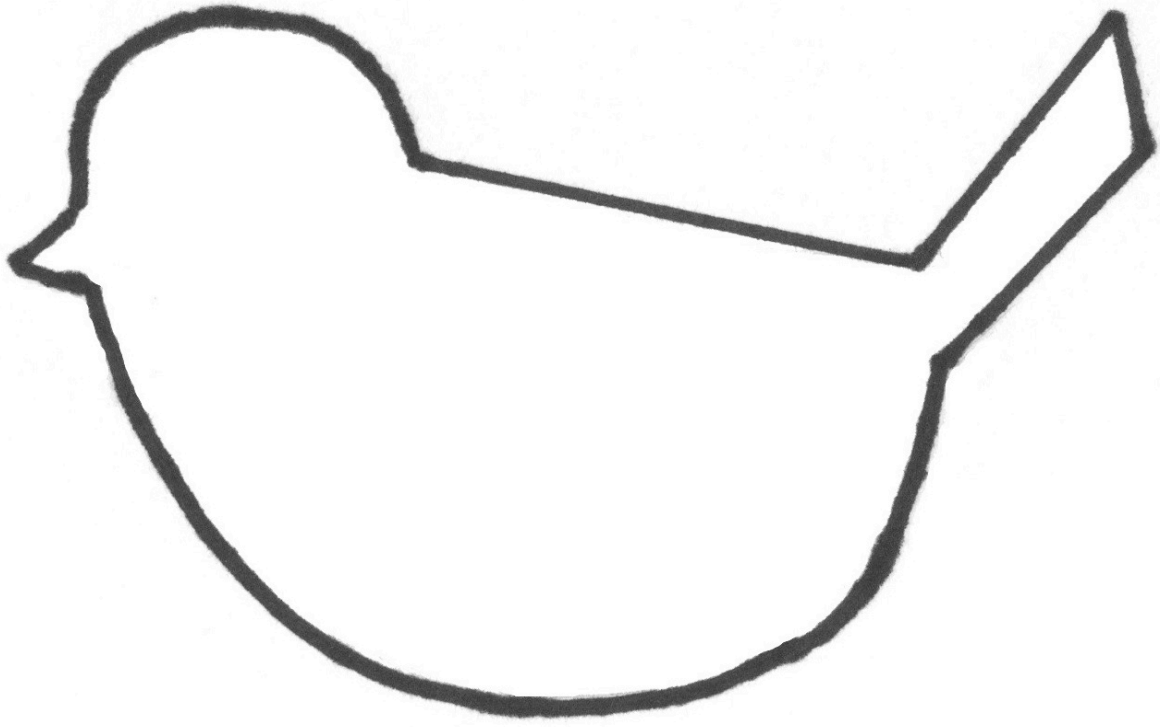
COLOUR MY FEELINGS

This activity helps children to express their emotions or define the things they care about.

Materials:

Copy of Little Bird outline
Coloured pens/pencils/paints, etc.
Glitter, sequins, glue

1. Ask children take a moment to think about how the Little Bird made the Little Iceberg happy. Then reflect on the things that make them happy. What things make them feel good? What words would they use to describe these things? What images and colours come to mind when they think about these things?
2. Give children a copy of the Little Bird outline and ask them to fill it with what they have just been thinking and talking about. They can create these in any way they like, focusing on one thing or filling the outline with as many things as they want.
3. Use what they create as a discussion point to help them better understand the things that make them happy. How often do these things happen for them? How can they and you work together to create more of these happy moments?



BAG GAME

Have a selection of different bags objects that you ask a person to put on and carry for you. Keep increasing the amount. Ask how it is feeling? What would help them when they are struggling or overwhelmed? Ask the others to take something each to lighten the load?

(You could name each thing the person is carrying e.g. worthless, tired, scared etc for older children or adults)

FRIENDSHIP BRACELETS

An oldie but a goodie. This requires some resources but it is a lot of fun to do and you can make bracelets for each other.

[19 Easy Friendship Bracelet Patterns for Beginners - Sarah Maker](#)

CONNECTION WITH A SCARF

Hold one end of the scarf each and move it around making different shapes e.g. wave or round and round, high low, changing the length etc.

Every so often pull the scarf in and give the child a big surprise cuddle with a positive affirmation. Children often squeal with delight and want it repeated again and again especially if they didn't know it was coming. Great for wee ones.

This can also be used as a reminder that you won't be away for long and will soon pull you back in for a big hug.

FAN AND TWIRLY CHAIR GAME

You need a fan, a twirly chair and a blindfold.

Set up the fan so that it is blowing towards the twirly chair.

The person that sits in the chair puts on a soft blindfold.
No cheating!

Then the chair is twirled or moved and when it stops the person sitting in it has to work out where the fan is according to where they feel the wind blowing on them. You can change the speed or temperature or the distance to make it harder or easier.

LAVENDER AROMATHERAPY PLAYDOUGH

When children are struggling emotionally, sensory experiences can help to ground them. That is why the little bird brought a twig of saxifrage as a gift. It has a very appealing scent. Smell is an especially powerful sense to work with. The fact that the olfactory nerve is the shortest nerve to the brain means that it works quickly. It is even more helpful if the scent is already associated with something comforting, safe or happy. Introducing smells and calming oils during times of relaxation is a good way to create that association.

HOMEMADE CALMING LAVENDER PLAYDOUGH

Materials

140g plain flour

35g salt

1 tbsp oil

2 tbsp cream of tartar

225ml water

10 to 15 drops lavender essential oil

1 tbsp dried lavender flowers (optional)

Instructions

1. Place all the ingredients in a medium saucepan.
2. Place the pan over a medium heat and stir constantly.
3. As the mixture thickens into a dough, it will become difficult to stir. Continue to heat until it is a solid ball that holds together.
4. Remove from the heat and let it cool.

This playdough can be stored in the fridge for longer life.

LITTLE ICEBERG DECORATED PILLOWCASE OR T-SHIRT

Decorate a pillowcase/T-shirt with favourite words, phrases, and drawings from The Little Iceberg story

Materials

- Blank Pillowcase/T-Shirt (preferably white)
- Assorted coloured Sharpies (or fabric markers)
- Wax paper (or other paper to prevent ink bleeding through)

Having read and discussed The Little Iceberg story, help children make a list of the positive words and phrases used throughout, and how these made them feel and how they helped The Little Iceberg. E.g.

COURAGE
BREATHE
IMAGINE
KINDNESS
CONNECTED

YOU ARE SAFE
I AM HERE
THIS WILL PASS
LISTEN
DETERMINED
SWAY

Have the children also think and talk about their favourite part(s) and illustrations in the story.

Keep this list nearby so the children can easily reference it.

Introduce the activity, explaining to the children that when they can't sleep or they wake up and have a hard time falling back asleep, that they can look at (or think about) the pillowcase and be reminded of peaceful, relaxing images, symbols, and words.

Allow children as much time as needed to complete the pillowcase.

Ask the children if they would like to talk about their pillowcases. Allow the children to share (if willing) the purpose of the pillowcase with their guardian(s) and sibling(s).

Put pillowcase in dryer to set the ink before washing.

MAKE A PAPER SNOW BUNTING

You will need

Template of snow bunting printed onto white card, or draw around outline on card.

Felt tips, crayons, or coloured pencils

A white piece of paper for the wings

Scissors

(Optional) Holepunch and string

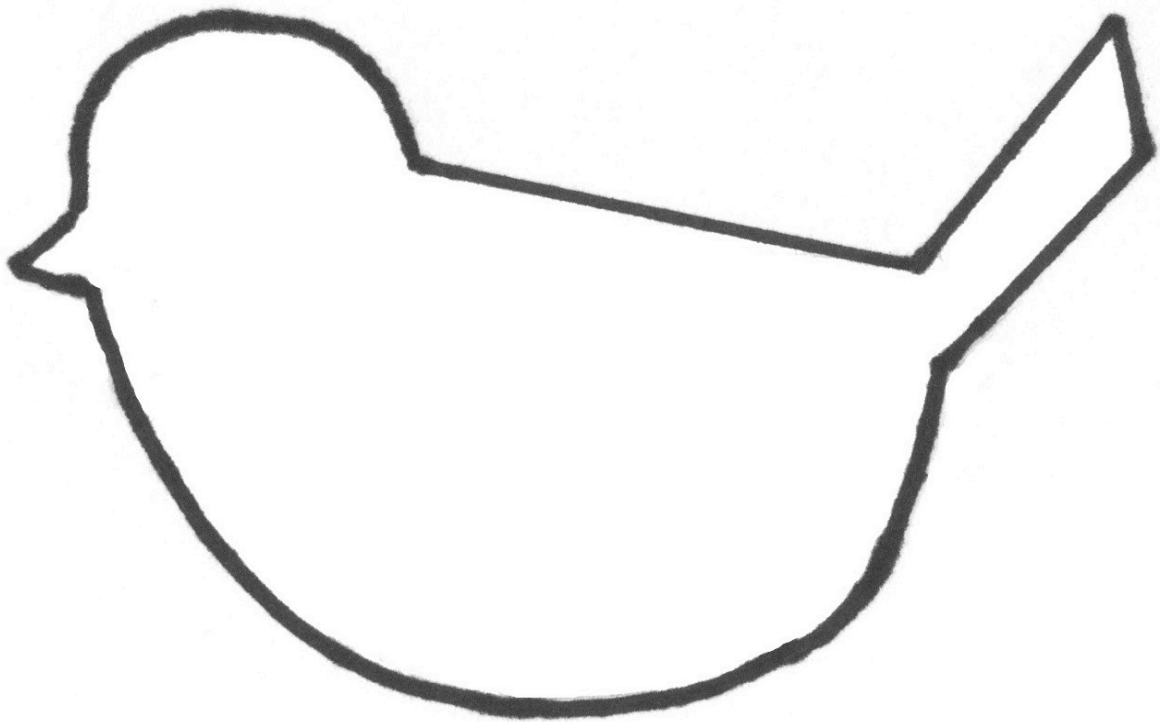
YOU TUBE - How to accordion fold link:

<https://youtu.be/b9Qb-0qrU4Y?si=qjOPLwHqRq3aJ3sU>

1. Cut around the snow bunting template provided.
2. Cut a slit at the top of the snow bunting's back for the wings.
3. Cut out the saxifrage template, colour it any shade of purple you want.
4. Now, get your A4 piece of white paper and accordion fold it. Use the You Tube link to show how to make the snow bunting's wings by using the accordion (concertina) fold method. <https://youtu.be/b9Qb-0qrU4Y?si=qjOPLwHqRq3aJ3sU>
5. Thread the accordion paper through the slit in the bird template. Place the halfway fold of the wings where the paper goes through the bird template.

6. You can pull apart the concertina folds so your snow bunting can spread its wings.
7. Add decorations to your snow bunting. Draw an eye and a beak and glue the saxifrage branch to the snow bunting's beak. If you are going to hang your snow bunting on string, make sure to decorate both sides of the it, and the saxifrage branch.
8. Use a holepunch to create two holes, one in front of the wings and one behind, both on the snow bunting's back.
9. Thread and knot some string through each of the holes. Adjust and manipulate the paper wings until the snow bunting balances when hanging from the string.

SNOW BUNTING OUTLINE



SIMPLE, CALMING HAND MASSAGE FOR CHILDREN

Materials

*Small amount of base oil in a finger bowl – olive oil, rapeseed oil, grapeseed oil is fine.

*Lavender oil

Clean towel

*Hand cream may be used instead of oil.

1. Add a couple of drops of lavender oil to the base oil.

2. Follow the instructions in this video:

<https://youtu.be/8oM0mBoEOU?si=3QV6cYdRYNIB1>

OGt

In larger groups, children could carry out hand massage on each other.

THOUGHT CATCHER

This thought catcher can be a reminder of the key messages of the story for children, and to promote good thoughts, feelings of safety and protection. While making this craft, engage in a discussion about tough emotions and ways to handle them. Relate the discussion back to the story of The Little Iceberg.

Materials

- Paper Plates
- Scissors
- Hole Puncher
- Markers for decorating rim of plate
- Wool or string
- Beads (assorted colours to represent different emotions)
- Copies of outline of Little Bird for bottom of catcher, as many as required – print on thick paper or card or use outline as a template to draw your own.

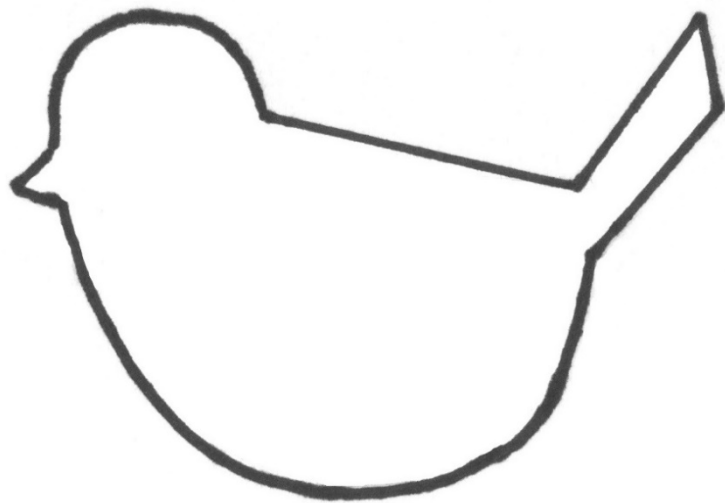
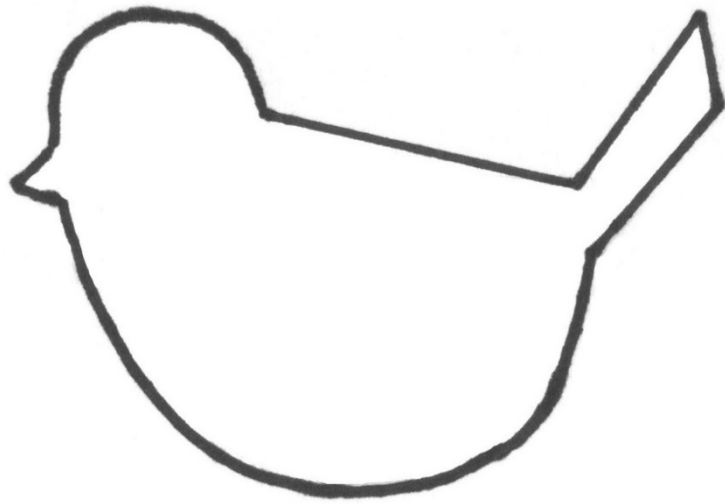
For video on how to make a dreamcatcher, copy and paste the link below:

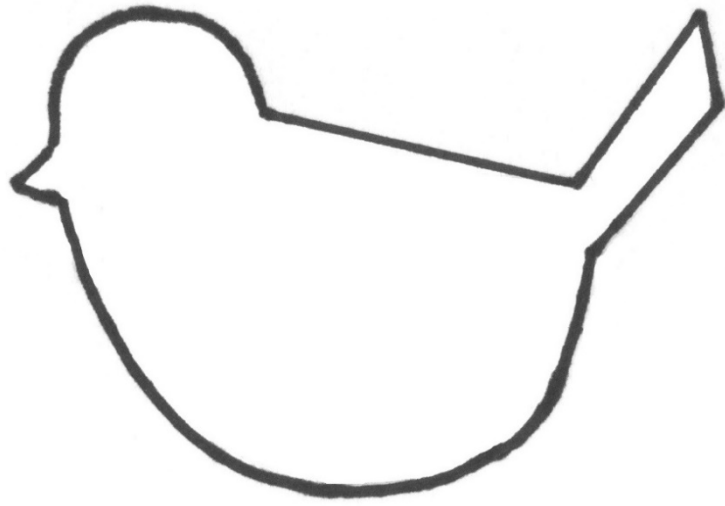
https://youtu.be/azfXEQtaYyw?si=nwt4KaXiq_owGfEa

Once the Thought Catcher has been made. Children can write words from the story onto the Little Birds, colour the birds, and attach them to the thought catcher with wool or string.

COURAGE
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If they wish, children can share their reasons for choosing particular words or phrases.





TORN PAPER COLLAGE

Create a collage picture of the seascape and The Little Iceberg, using torn paper. Experiment with your tearing when creating your artwork.

1. Select a variety of paper colours and shades, materials, and textures.
2. Tear paper into long strips. This will become the seascape of the artwork.
3. Use white paper to create cloud shapes. Tear the paper into shapes.
4. Use shades of blue paper, card, tissue, or other material to create The Little Iceberg. You could collect paint sample cards in various shades of blue to add to the collage of The Little Iceberg.
5. Glue the torn paper onto the base page in layers.
6. Use your imagination and have fun!