

Cumbria County Council

Early Years Team

**What can I do
today?**



This week it is... treasure hunts

Friday

Clam treasure hunt

- Make a calm treasure box, you can use a cardboard box/shoe box or any box with a lid. Let your child decorate it – they could paint it, put stickers on, stick jewels on or they could cut pictures out of magazines to put on.
- For older children why not encourage them to write positive affirmations on their box.
- What special calming tools or favourite things will your child look for to keep in it their box?
- Ideas to include – a calm jar or snow globe, favourite books or audio books, stress ball, fidget toy, puzzles, colouring, note book and pencil.
- To help practice using your breath to become calm, you could include bubbles to blow, a coloured feather or a pinwheel.
- Include their favourite soft toy for them to cuddle and help comfort themselves.
- You could also include some Lego bricks, a few photos of exercise they could easily do, photos of different emotions and positive affirmations.
- Sit with your child regularly and let them tell you all about their treasures in their box.
- Encourage your child to use their calm treasure box for 10 minutes each day. The more they use the box when they are calm, the more they will use it when needing a little ME time!