

Including me!



Letting off steam!

All children need ways to move and act physically which can help avoid a build up of energy or frustration. Here are some ideas for experiences that will provide children with opportunities for letting off steam safely and enjoyably:

- Wet sponges to throw against an outdoor wall or fence
- Small paint covered sponges for use on large sheets of paper on the floor or an outdoor wall
- Small plan spray bottles or shampoo bottles filled with water for squirting
- Large cushions for squashing, jumping, punching and kicking. It can be very satisfying for children if you hold the cushion up and let them run at it!
- Old telephone directories or newspaper for tearing or ripping
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- Wet towels to twist and squeeze
- Digging in the garden or sand
- Large thick cotton rope for playing tug of war
- Fly swats for hitting a wall
- Containers for pouring water
- A hose to spray
- Skittles or a pile of cardboard boxes to knock down
- An old sheet hanging on a line to run through
- Playdough and clay
- Giant rollers full of water to roll across the outdoor space

Useful website: <http://www.understandingchildhood.net/>