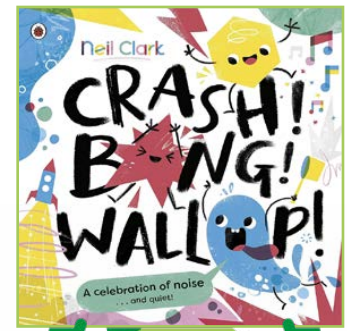




North
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www.northlincs.gov.uk



CRASH! BANG! WALLOP!

By Neil Clark



Join Crash, Bang and Wallop as they crash through this story. They love making lots of noise!



But soon they meet three quieter characters who help them see that there's fun to be had in the quiet moments, too.

Use the mindful activity at the back of the book to help encourage quieter moments during the day.



Celebrate Noise!



You may not realise it, but your home is bursting with exciting musical adventures for your little one.

You don't need instruments, nor do you even need to be able to sing in tune.

Find out how you can enjoy musical experiences at home, from using household objects as instruments, such as banging an upside-down pan with a wooden spoon to dancing and singing together.



<https://tinyurl.com/3srybve3>

Celebrate Quiet!



Even very young children can feel stressed and anxious, especially during times of change or upheaval.

Luckily, there are lots of simple activities you can do together to help your little one learn to calm themselves.

Being able to recognise and cope with anxiety is a skill that will benefit children for life - try these simple, calming activities together and see which ones work for you.



<https://tinyurl.com/mthyfbk5>

Jack in the Box

*Jack in the box jumps up,
Jack in the box goes flop,
Jack in the box goes round and round,
Jack in the box goes down with a plop!*



<https://tinyurl.com/5s9f4mf>



Try swapping the name 'Jack' for your child's name.