



Activities at Home

Project: 'Wild and Wonderful'

Dear Parents,

The activity for week: 1 beginning: 8th January 2024 is We Are Wild Things

The activity we will be covering involves:

- Exploring Maurice Sendak's beloved children's book *Where the Wild Things Are*
- Discussing what it means to be "wild"
- Making our own 'Wild Thing'

Our activity includes:

- We will begin by reading the book *Where the Wild Things Are*
- We will discuss the word 'wild' and what it means to be wild, exploring questions from the text such as "What was Max doing that was wild?" and then ask ourselves questions for example "What do we do when we feel like Max did?"; "What do our bodies do when we are feeling wild?"; "What do our voices do when we are feeling wild?"; "What is happening in our head when we are feeling wild? Is it a calm place? Is it a very busy place?". We will explore this further by having our own 'Wild Rumpus', using different tempos of music to explore feelings of wildness and feelings of calm.
- After our 'Wild Rumpus', we will consider why Max decided that he no longer wanted to be King of all the Wild Things. How do we feel after our 'Wild Rumpus'? Could we stay like that for a long time? Do we need to rest our bodies? Do we think that Max maybe needed to rest his body?
- The children will then be invited to use card shapes, googly eyes and other craft materials to create their own Wild Thing.

You might wish to help your child to explore this topic at home or when you are out and about. Please feel free to approach the teachers for further explanations.
Our suggested activities are:

- Normalise feelings of ‘wildness’ and give children space and opportunities to explore this safely (e.g. trips to soft play, trips to the park or large outdoor spaces where they can run around). Remember that feelings of wildness can inevitably become overwhelming and so it is equally important to offer spaces/activities that will help your child to calm down after their wild rumpus-darkened spaces with twinkly lights, scented playdough and other light up toys such as lava lamps help with this.
- Make a sensory calming toy; half fill a bottle with coloured water, top with baby oil (cooking oil can also be used) and add in glitter. Replace the lid tightly. Your child can then shake the bottle and watch as the glitter and coloured water swirls and settles.



The big question:

Ask your child: If you were King/Queen of all the Wild Things for a day what do you think you would do?