

Dreaming About Planets...

This weeks theme is all about our planet. There will be lots of resources around that will help your children and young people to explore our planet. Our planet is a wonderful place.... what would YOUR planet look like?

Your children and young people may be feeling bored at this time. You may be worried that they are not occupied enough, that they have too much time with little to do....

However, did you know that it can actually be a great thing for your children and young people to be bored!

Boredom has been found to benefit us as it can lead to curiosity through seeking new goals and exploring new ideas. Being bored encourages our children and young people to daydream. Letting their minds wander can lead to creative ways of thinking and cause their imagination to explode!

So, our aim this week is to embrace the boredom and allow children and young people's minds to wander – for just a little while, of course.

We often see daydreaming as doing nothing... but by doing nothing, our children and young people are engaging in silent self talk, creative thinking, innovative ideas, problem solving, imaginative thinking and more! So perhaps by doing nothing, our children and young people are really doing something after all!

Daydreaming about people can also help them to feel a sense of connection, love and belonging – useful if your child is missing loved ones at this time.

Some people can find dreaming tricky because it involves thinking about things that are unreal and it also involves planning. But dreaming doesn't have to be fantasy, it can be as simple as making a plan. This can feel just as comforting and exciting. Your child or young person may enjoy thinking about a possible activity such as a having a picnic on the landing. Part of this dream could include listing the food, timings and a guest list (if any) . It is all part of thinking about something that hasn't happened yet.

Through your child or young person's use of their imagination, their mixed feelings about the current circumstances in the real world could be resolved.

Questions to help your child or young person's mind to wander...

- ? If you could create your own planet, what would it look, feel, smell and sound like?
- ? What would happen if our planet was ruled by aliens... or maybe unicorns? What would be the ruler of your planet?
- ? What would happen if animals could talk on our planet?
- ? How about a planet that is ruled by animals, and humans were pets instead?
- ? Who would live on your planet with you?

Why not take these creative ideas a step further by supporting your child or young person to draw, paint or create their planets in other ways such as:

- ❖ Lego models
- ❖ Pasta models
- ❖ Recycled materials models
- ❖ Magazine picture collages

