

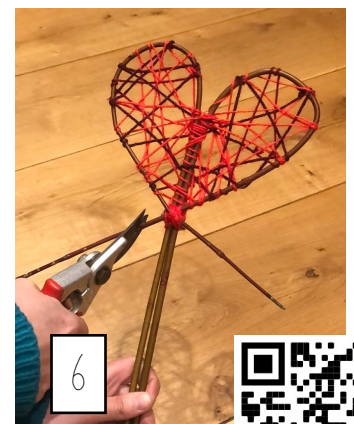
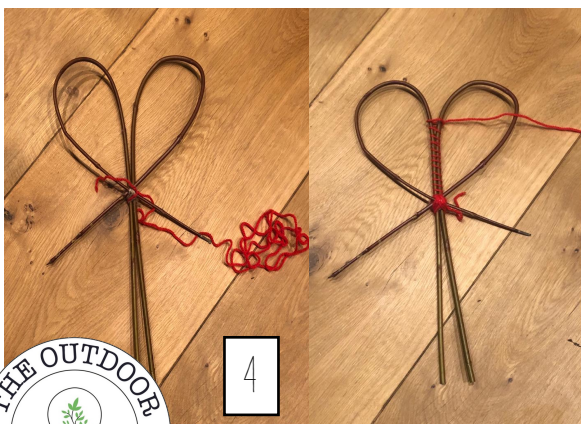
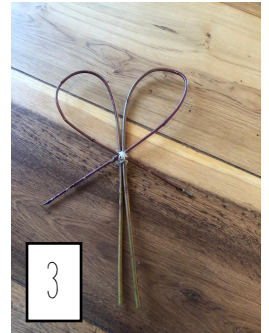
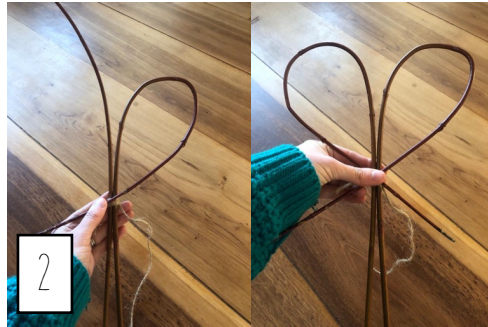


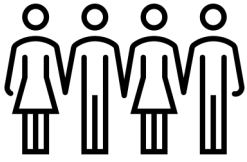
Willow Hearts



Get yourself two pieces of Willow and some red string to make this simple willow heart

1. Take two pieces of willow and tie them together.
2. Bend the top to the middle and repeat on the other side
3. Secure both ends using the string
4. Wrap some wool around the centre.
5. When you have reached the top, begin looping around the outside of the hearts.
6. Trim the edges
7. Et voila! Here is your willow heart





PAPER PEOPLE



THIS LOVELY, SIMPLE ACTIVITY CAN HELP LITTLE ONES UNDERSTAND HOW INDIVIDUAL CHAINS CAN CONNECT TO FORM SOMETHING MUCH BIGGER

- TAKE SOME PAPER – ANY PAPER WILL DO, OLD MAGAZINES, USED WRAPPING PAPER, OR EVEN PAPER WITH YOUR OWN DRAWINGS ON
- FOLD THE PAPER IN HALF, AND HALF AGAIN
- DRAW AN OUTLINE OF A HUMAN. MAKE SURE THE ENDS OF THE ARMS AND THE TOES OF THE FEET GO TO THE EDGE OF THE PAPER
- CAREFULLY CUT AROUND YOUR HUMAN SHAPE
- OPEN UP THE PAPER AND ENJOY YOUR PAPER PEOPLE



PAPER CHAINS CONNECTIONS

THIS LOVELY, SIMPLE ACTIVITY CAN HELP LITTLE ONES UNDERSTAND HOW INDIVIDUAL CHAINS CAN CONNECT TO FORM SOMETHING MUCH BIGGER

- TAKE SOME PAPER – ANY PAPER WILL DO, OLD MAGAZINES, USED WRAPPING PAPER, OR EVEN PAPER WITH YOUR OWN DRAWINGS ON
- CAREFULLY CUT THESE INTO STRIPS USING SCISSORS
- POP A GLUE DOT ON THE END
- BEND THE PAPER SO THE TWO ENDS STICK TOGETHER
- CREATE ANOTHER LINK, PASSING IT THROUGH THE OTHER CIRCLE OF PAPER BEFORE YOU STICK IT CLOSED



Thank you and credit to Place 2 Be for the photo and inspiration for Children's Mental Health Week

