



# Digital Learning Program

## Under 3s Self Expression and The Arts Resource Pack Week 1



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## Week 1

**Key Focus Area:** Self Expression and The Arts

**Age group:** Under 3s

**Rationale:** For the children to gain a sense of identity and belonging through craft.

**Outcomes:** Children have a strong sense of identity.

### 5 minutes: Mindfulness

Ask child to sit quietly with their eyes closed if comfortable and do our mindfulness pause

1. Sit on the floor with your back nice and straight
2. Take a deep breath in and then a deep breath out
3. Reminding children to breathe in through your nose and out through your mouth
4. Repeat deep breath 4 times

### 5 minutes: Family Song

Play Sesame Street: Family Song ([Click Here](#))

After the song you can ask your child these questions:

- Who is in your family?
- Can you draw them?

### 15-20 minutes: Self Portriat

Parents/guardians prepare a mirror, paper and different colour pencils.

Encourage the children to draw their face with all facial features. If the child is confident enough, encourage them to draw the different members of their family too.

### You will need –

Mirror  
Paper  
Coloured pencils/crayons

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### EXAMPLE:



### Questions

- Can you tell me what colour hair you have?
- What colour are your eyes?
- How are you feeling today?

### READY FOR THE NEXT PACK?

Answer a few questions about your child's learning and our educators will create a unique, personalised Health and Wellbeing Resource Pack for your child.

<https://forms.gle/RrjPk3SZT4mntXTk7>