

Let's Play

[Link to The Sleeping Bunnies Song](#)



SLEEPING BUNNY WHAT?

1. Find a space large enough to move like a bunny and other animals
2. Ask your child how they are feeling and share how you are feeling (e.g. sleepy, playful, ill, calm)
3. Try this [Link](#) to extend your child's language [Would You Rather Be....?](#)

Well-Being and Belonging



Why?

Through this experience children will learn:

- ways to keep themselves healthy including sleep and physical activity
- How to feel confident in their control of their own bodies.
- To enjoy being physically active.



WHERE & WHEN

- This activity can be done both indoors and outdoors.
- Do this activity any time of the day

Explore other animals your child wants to pretend to be. (pg.72)



For more activities click here [Let's Play](#)

