

Half-term ideas for Dolphins Plus:

1) How about making some home playdough (you will need plain flour; oil; food colouring or flavouring; salt and some just boiled water)? You could make a whole world or try the craft ideas here:



[Natgeokids.com/uk/home-is-good](https://www.natgeokids.com/uk/home-is-good)

2) Yoga is very good for stretching try the exercise here:

[www.youtube.com](https://www.youtube.com/watch?v=...) Cosmic Kids Yoga



3) do nature activities to enjoy at home and nearby:

[Woodlandtrust.org.uk/blog/2020/03/staying-safe-in-woods-during-pandemic/](https://www.woodlandtrust.org.uk/blog/2020/03/staying-safe-in-woods-during-pandemic/)



4) these science experiments have been done for/by young children:

[Rigb.org/families/experimental/under-5s](https://www.rigb.org/families/experimental/under-5s)



5) I haven't played this one but: mental health game: [bookofbeasties.com](https://www.bookofbeasties.com)

