



LET'S CREATE

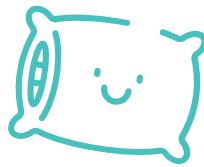
Indoor Cubby Spaces for Relaxation



Creating an indoor cubby house can give children space to retreat into and to enjoy being enveloped in pillows, blankets and soft toys. Acknowledging that children need some time alone is important for their wellbeing and mental health. An indoor cubby house can give them the place to relax and regulate their emotions.

WHAT YOU NEED:

- A long piece of fabric (blanket, sheet or tablecloth)
- Pillows
- Soft toys
- A table or other furniture to use as a starting point.



WHAT YOU COULD DO:

- Using the fabric to drape them over a small table, a lounge chair, or other pieces of furniture to create an enclosed space.
- A long sheet of fabric could be used to tie a hammock around a table.
- Cushions and pillows from your child's bed, or blankets to snuggle up with, can be added.
- Adults might create this space for younger children, and older children may be able to create this space for themselves.

WHAT LEARNING IS HAPPENING?

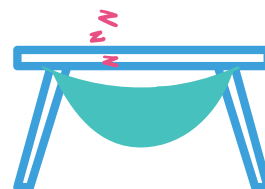
At times, everyone needs their own space, a place that they can escape or retreat to. This cubbyhouse could be used when children are tired, emotional, anxious or irritable. It may give them some time away from other members of the family, a place to relax and just be.

At times they may need you to be in this safe space with them.

Creating this space will involve problem-solving as children decide how the space is created. There may be moments of frustration and disappointment to overcome if the cubby house collapses, and they must begin again.

WHERE TO NEXT?

- You could have a picnic under the table.
- If you create a hammock, give a 5-minute reminder for when it will be time to pack up. Have an activity for your child to do after packing up, so they know what's next. "First we will pack up, then we will set the table for dinner". This is the language used in early childhood settings to support children to move between experiences and routines.



WORDS OR PHRASES TO USE:

- When children are using the indoor cubby, you could talk about how they are feeling.
- Can you tell me how you are feeling?
- I can see you moving fast, and seem excitable maybe it's time to relax?
- Your engine is going really fast.
- If children are upset, staying close by may be what they need. I'll be here is you need me.
- Sometimes it's just great to find a space to be by yourself - this cubby will be great for doing that.

