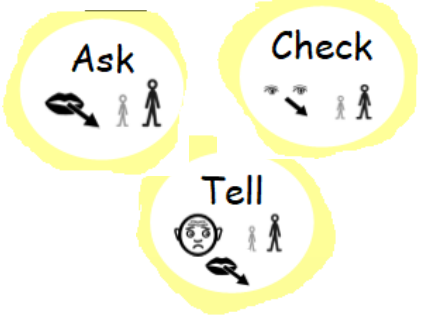


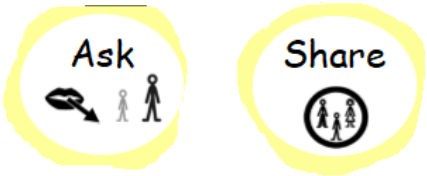


THINKUKNOW Home activity packs 4 – 5 year olds

Links to building habits poster






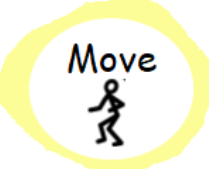


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4-5s	Jessie and Friends: if a child is ever worried by anything online, they should tell a grown-up they trust, who will help them.		
<p>Home activity pack 1</p> <p>Explore feelings</p> <p>Who helps us if we are worried</p>	<p>Watch Jessie and Friends Episode 1</p> <p>Jessie and her dog watch videos online using a tablet. They learn that while the internet can be enjoyable and fun, there are sometimes things online that can be upsetting or scary. Jessie learns that she can always speak to a grown-up who will be able to help her.</p> <p>Draw your own dog</p>		<p>Practise asking to use a tablet, phone, game device, turn on TV. Tell the adult what you want to do.</p> <p>Practise looking to check you can see your trusted adult and they can see you while you are using the device.</p>
<p>Home activity pack 2</p> <p>How do different videos make you feel?</p> <p>What can you do to feel better?</p>	<p>Read Jessie and Friends story book</p> <p>Learn the actions to the song</p> <p>The story (included in download) retells video and includes actions for the song.</p>		<p>Practise telling your trusted adult that something surprising happened or you saw something that upset you.</p>
<p>Home activity pack 3</p> <p>Identify feelings</p> <p>Know who can help</p>	<p>Identify Jessie's feelings</p> <p>Watch episode 1 again and talk about how Jessie is feeling. Point to picture of how Jessie is feeling at different moments.</p> <p>Draw someone who can make Jessie feel better</p>		<p>Practise sharing a device. Ask someone in your family to play the game with you. Ask someone to watch a video with you. Ask someone to read a book and talk about it with you.</p>
<p>Home activity pack 4</p> <p>Check your child knows who they can talk to</p>	<p>Sing along to the song.</p> <p>Complete rhyming activity.</p> <p>Make sure your child knows who they can talk to.</p> <p>Design a Tshirt for Jessie.</p>		<p>Talk about how it helps make both parent and child happy when we ask and we share.</p>

THINKUKNOW Home activity packs 4 – 5 year olds

Links to building habits poster

[EYFS Building habits when I use technology](#)

<p>Home activity pack 5 What have I learned?</p>	<p>Make puppets. Make a puppet show about your children know about being safe online. Make up and perform a dance routine.</p>		<p>Talk about all the things you can enjoy sharing together, things you have and things you do.</p>
<p>Home activity pack 6 Asking for permission to share a photo</p>	<p>Talk about giving permission and its ok to say no. Give permission or say no activities Tell a grown-up (TAG) <i>[We would suggest using the language of a trusted adult]</i></p>		<p>Expect someone to ask if they are taking your photo. Tell someone if a friend or an adult takes photos of you.</p>
<p>Home activity pack 7 Password protected video chat</p>	<p>Talk about how you are safe when chatting online via video. Think about facial expressions when chatting online. Play 'Odd one out' and make a face. <i>[We would suggest setting a clear expectation that a trusted adult is always with them or very nearby when 4 – 7 year olds use video chat tools.]</i></p>	 	<p>Pretend you are having a video chat. Ask your trusted adult whether you are doing safely and kindly.</p>
<p>Home activity pack 8 Playing appropriate games with people you know</p>	<p>Read cartoon short story about playing a game and act it out together. Play stepping-stone game with child answering scenario-based questions about whether different things are okay when you are playing games.</p>	 	<p>Practise telling a trusted adult about the game you play. Ask them to play with you. Practise standing up and shaking every few minutes while you are playing.</p>
<p>Home activity sheet 9 Showing kindness and expecting kindness</p>	<p>Talk about what makes a good friend. Make a friendship chain showing your friends. Help Jessie find her dad activity, reinforcing tell a trusted adult message.</p>	 	<p>Practise saying some kind things that you could say while you are playing a game. Talk about the different things you can do with your family and with your friends when you see them.</p>