

YOU CHOOSE. YOUR GROWN-UP JOINS IN.

Our little woodland

Point, move the pieces, use your own toys or make something new.



Point, draw, talk, ask a grown-up to write, or pass. Your page can stay private.



A den or quiet place - draw, build or imagine here

A picnic or a bridge - draw, build or imagine here

USE CARDS UNCUT, OR ASK AN ADULT TO CUT

Friends for your woodland

All five friends, and a pause that belongs in every game.

Point, draw, talk, ask a grown-up to write, or pass. Your page can stay private.



Fuzz Fox



Berty Bear



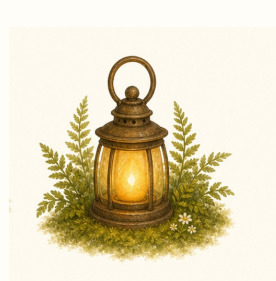
Olive Owl



Bell Bee



Roux Rabbit



**Pause,
please**

Stop, change the game or
sit together.

A NOTE FOR THE GROWN-UP

Follow their little idea

Side-by-side play and quiet watching count. Eye contact and talking are not required.



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Make a den

Choose who visits. What might go inside? Join the child's plan, rather than setting a target.

Share a picnic

Draw pretend food. Follow the picnic plan, ask before adding a piece and accept "no".

Build a bridge

Use blocks or folded paper across a pretend stream. You can change the route or make something else.

Begin again, or finish

If something falls naturally, offer rebuilding together, a different idea or stopping. Never deliberately spoil something to make a lesson.

A gentle ending

Comment more than you question: "You made a doorway." Give a little warning: "One more part, then we'll put this somewhere safe." Thank them for the time together.

Original activity informed by: NHS Lothian: Special Time (reviewed 5 September 2026). Not endorsed by the source organisation.

Guidance and support: littlewoodlandsfeelingslab.digidantai.com/support