

# ENTERTAIN YOUR LITTLE BIRDS THIS SCHOOL HOLIDAYS

## BE YOUR OWN BIRD



"I'm not blushing. I'm just red."

**RED** is brave enough to be himself, despite being different to his peers. When presented with a challenge he steps up to the plate standing out as a true leader, not listening to those who don't believe in him. This behaviour is called resilience and is a valuable skill for children to learn to build their self-esteem.

Below are some activities you can practice at home to help develop brave and courageous kids:

- 1.** Encourage autonomy and independence. Open the Dress Up Box and let your kids wear what they want for a day. This encourages individuality
- 2.** Don't always entertain your child. If they're bored, encourage them to use their imagination to invent their own game
- 3.** Encourage independent thought. If you're planning a family activity, ask him/her to help plan. No idea is a bad idea
- 4.** Let your little ones try things on their own, such as making a sandwich or tying their laces. It is incredibly satisfying to be able to do things on your own
- 5.** Let your child join in on adult conversations, especially tweens. Young children want to feel listened to

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**THE ANGRY BIRDS**  
MOVIE