

# Together

Activities for  
exploring and  
strengthening  
relationships

These activities have been drawn from the work of practitioners who engage with children and families across the therapeutic services of Australian Childhood Foundation.

Children and young people have helped us develop and evolve these activities along the way.

We hope that they will spark your own creativity and support your own relationships with children and young people.

You can find more activities on our website: [professionals.childhood.org.au/resources](http://professionals.childhood.org.au/resources)



# HEART BUTTONS



Parting for kinder, school and whatever reason can be hard. What if we drew a little heart on the back of each other's hands? I will draw you a heart, then blow a kiss onto it to seal in my love. You can draw a little heart or spot on the back of my hand and blow a kiss onto it to seal in your love.

These are our heart buttons and they are connected by love.

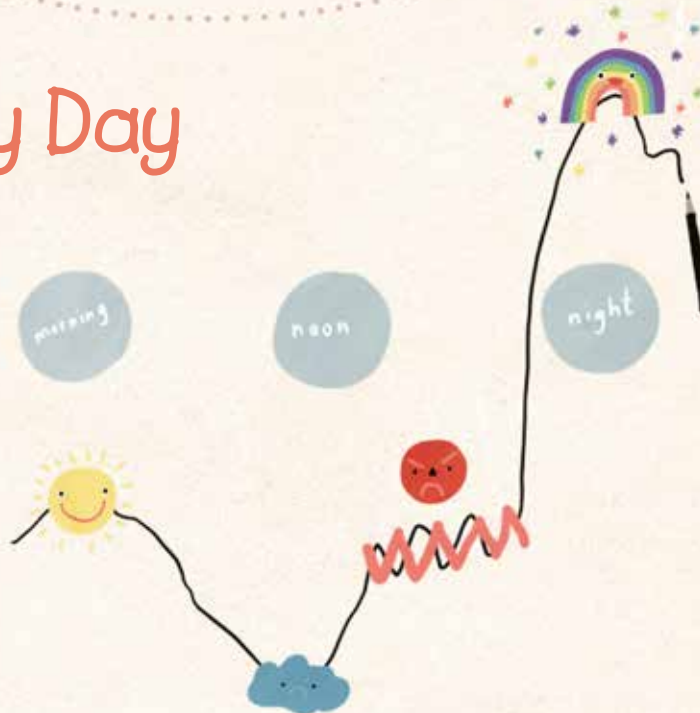
No matter where we are, all we have to do is press our heart buttons if we miss one another and we will be connected.



## Line Of My Day

What if you were to draw one continuous line to represent and communicate the ups and downs of your day. How might you draw it?

You might like to draw or colour around your line to represent feelings or events of the day.



## Olden Days Rhythm



### 3 Legged Races

Stand beside one another and tie your inside legs together with a scarf and fabric.

Practise moving together. Time yourselves over a distance. See how quick you can get.

## Olden Days Rhyme

### Old Fashioned Skipping songs

Skip together while you are reciting these rhymes. You could skip using jump ropes.

Andy Pandy, sugar and candy,  
French, almond, raisin and rock.  
Bread and butter for your supper,  
All that we have got.

Mrs While got a fright  
In the middle of the night.  
Saw a ghost,  
Eating toast,  
Halfway up a lamp post.



Two, four, six, eight,  
(Insert child's name) at the cottage gate,  
Eating cherries off a plate,  
Two, four, six, eight