




Walter The Wombat Activity Sheet

"Walter the Wombat" encourages children to learn about their sense of belonging, safety and security by being part of a community or family. These activities have been designed to explore different aspects of the P1 Intelligence Centre.

You may need to offer encouragement to your child to help them complete the activities. Praise their efforts and be patient as they may need to work out their responses and how they are feeling. If they don't feel like doing an activity then you can come back to it another day.





It is a good idea for you and your child to complete the activities together so then you will both be on a learning journey. To help your child do the activities, remember to share how you are feeling and thinking while you are doing them.

When you see this symbol  explore with your child how they think, how they feel and how their body responds, in relation to the activity.

We trust you and your children will find this journey as rewarding as we have!

Walter The Wombat Activities:

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1. Discuss your child's name and how it was chosen. 
2. *Create a story about the day your child was born, including who was there, where they were born, the weather, what time and day etc...*
3. What is the size of your immediate family (e.g. big or small and who do you include)?
4. *Look at photos of your extended family and explain how the families are connected.* 
5. Where do you live and who lives with you (house, apartment, village, community)? 
6. Where is your house and who lives next door to you? Do you know your neighbours or others in your community? Is there something you would like to do to get involved in your community? 

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7. Who is your father? *Discuss where he was born and where he is from. Discuss who he was named after or how his name was chosen. What is or was he like? (Give whatever information you have no matter how limited).*
8. Who is your mother? *Discuss where she was born and where she is from. Discuss who she was named after or how her name was chosen. What is or was she like? (Give whatever information you have no matter how limited).*

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9. Discuss who was the first to hold them when they were born. Who else held them? Or talk about the first time you held them.




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10. Who from your extended family and friends cuddled them as a baby and child? 
11. What is the most comforting cuddle for you? (*Sitting and cuddling, standing and cuddling, with your head on a shoulder or chest?*).



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12. Who is your extended family? *Look at any photos you have to help the children connect with them. (aunties and uncles, cousins etc – even if you don't have much contact).*
13. Who gathers around you and your family for special family occasions (*birthdays, Christmas etc*)? 


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14. Who do you spend 'one on one' time with in your family? Would you like to spend more 'one on one' time with someone in your family? 
15. What family traditions do you have to welcome family and friends into your home? 
16. Share stories about other family members and their upbringing or what they are like. (*e.g. Grandma Walters used to go to school on the back of a horse drawn cart*).

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17. When your home is clean and you tidy your toys away, how does this tidy environment affect the whole family's living situation? 
18. In which room or area in your home do you feel most comfortable? *Discuss what makes this place so special?* 

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19. What things do we need to do carefully and slowly? Why is it important to do things carefully and slowly sometimes? 

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20. Who prepares your food? Name all the places you get your food and where does it come from?
21. Do you sit down and have a family meal together at the table every day? Would you like to? If so, which meal would be possible for the whole family to be there (*e.g. breakfast or dinner*)?




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22. When and where do you feel the most safe and secure? Do you let anyone know if you don't feel safe and secure? Who could you talk to, in different environments, to tell them that you don't feel safe and secure (e.g. at school a teacher, at a festival a police officer, etc)? 


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23. Do you do jobs that help to meet the family's 'day to day' needs (e.g. set the table)? 
24. Why is drinking water good for our health? How much water do you think you need to drink each day to stay healthy?


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25. What do you do to rest your body (*it might be just sitting in a chair*)? Where do you lie down to rest? Do you rest during the day or just at night?
26. When are you together with your family? When do you feel most content with them? 

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27. Do you have something which belonged to your parents? Did your parents have anything given to them which was from their family? 

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28. Discuss sleep and why it is so important for healthy growing children. Do you feel peaceful where you sleep? 

We trust you and your children are finding this journey as rewarding as we have!