

Oscar and the Brave Little Puffin

calming activity pack







Oscar and the Brave Little Puffin

Calming Bedtime Routine

■■■ Have a warm, snuggly bath

Let the water soothe you like the sea.

■■■ Put on soft pyjamas

Just like Oscar getting cosy after his adventure.

■■■ Read *Oscar and the Brave Little Puffin*

A gentle story to help you feel calm and brave.

■■■ Take three 'puffin breaths'

Breathe in slowly... and out gently... like the wind on the cliffs.

■■■ Whisper a brave thought

Just like Pelby, you are growing braver every day.

■■■ Cuddle up with your favourite toy

Like Oscar cuddles Toby, and let the waves of sleep carry you away.

■■■ Close your eyes and imagine...

...the soft sea breeze and little puffins flying above you.

Can You Find...?

Look closely at the pictures and see if you can spot:

- A brave little puffin
- Oscar and Toby standing together
- A flying puffin in the sky
- Two puffins side by side
- Wavy grass on a cliff
- A puffin perched on a rock
- A puffin soaring near the clouds
- A trail winding along the cliff
- Oscar's hair in the breeze