

Timings

Approximate timings to complete the activity. These are calculated from start to finish.

15 mins



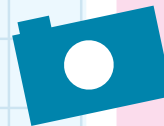
Safety

When choosing an activity keep an eye out for specific warnings but please follow these general health and safety guidelines for all activities:

- Use your own judgment to consider your child's individual development and abilities when deciding on safe activities
- Avoid activities with small objects if your child tends to put things in their mouth
- Keep your child away from any potentially dangerous tools including sharp scissors and knives
- Choose child friendly, nontoxic paints and other materials
- When setting up activities, be aware of slipping, tripping, choking and strangulation hazards
- All activities are designed for you to do together with your child
- **Always supervise activities**

Science

A science panel will explain the ideas behind each activity and how they relate to the Breathing Together research.



If you would like to share your photos of these activities on social media please use the hashtag **#breathingtogether**