



Dress-up and Dream!

EXERCISE YOUR IMAGINATION

Whether at home or at playgroup, dress-ups are a wonderful way to get creativity flowing. Imagine you are an astronaut, a painter, a scientist or an elephant. There is no limit to the imagination. Dress-ups can provide inspiration for years to come!

What you need...

- + A dress-up box!
- + Allow the kids to dress up in your clothes or mix and match their own
- + Make a mask or wings out of materials found around the home like felt and paper plates



SING AND DANCE ALONG!



Music stimulates the creative and emotive circuits of the brain. It is also great for coordination and self-expression. Pop on some songs, singalong with some instruments or make up your own songs.