

Bed out of balloons



They have to blow up some balloons (not too hard because otherwise they would explode). They have to put the balloons next to each other and they have to put a blanket on the top of the balloons.

They can sit or lay on this 'bed' and have a moment of relaxation.

It is soothing, it gives a feeling of safety, they can experience how it feels, it's not that hard or expansive to make it.

Materials:

- Blanket
- Balloons

Cloud out of balloons



They have to blow up some balloons in blue or white and they have to connect this balloons with each other with a rope. After they have done this, they have to put this balloons in a transparent bag. After they have done this, they have to hang up this bag on the ceiling.

The kids and parents can experience a moment of relaxation.

Materials:

- Transparent bag
- Balloons
- Rope

Olfactory wheel



They have to fill little bags with different smells. They can use herbs, plants or flowers for this. They have to put all this things in a different little bag and close this bag. After that they have to put this little bags on a wheel that can spin. While spinning the wheel, a lot of smells will come free.

(for example: coffee, pepper, cinnamon, nutmeg, lavender, green tea, herbs, plants, flowers, ...)

Materials:

- Little bags
- Herbs
- Something that can spin (wheel)

Garlands of pompons



They have to make garlands out of pompons. First they need to make a pompon and when they have made a lot of pompons, they have to connect these different pompons with a rope. When they have done that, they can hang up the rope with the different pompons on the ceiling to create the feeling of a garland.

In this link you can find out how to make a pompon

https://m.youtube.com/watch?feature=emb_title&time_continue=137&v=StO7IRBP8V

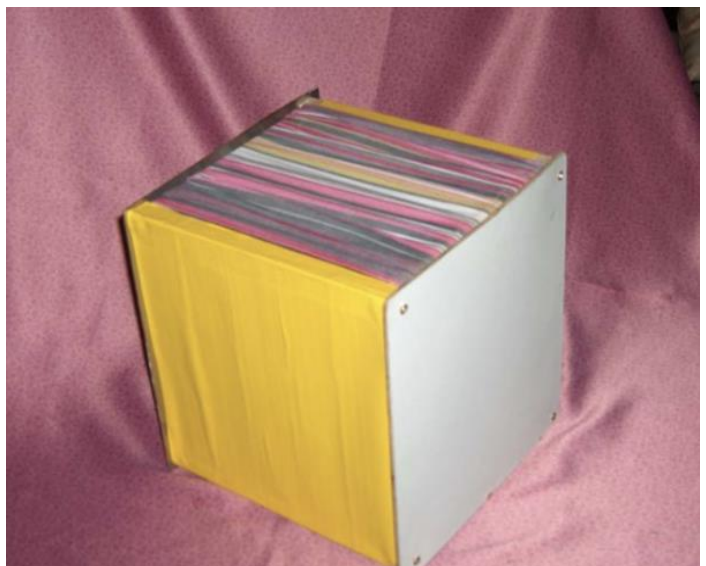
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Materials:

- Rope
- Things to make a pompon like colored wool, carton

Fe-li-Qbus

(Feel and listen cube)



This cube contains different planes. This planes consist different materials. You can put different kind of balls in the cube. This balls will make different sounds when they hit one of the planes. They can also put a ball with a sound in the cube. When they have create this, they can put up the cube and shake it, to hear the different sounds and they can put their hands on the different materials of the cube.