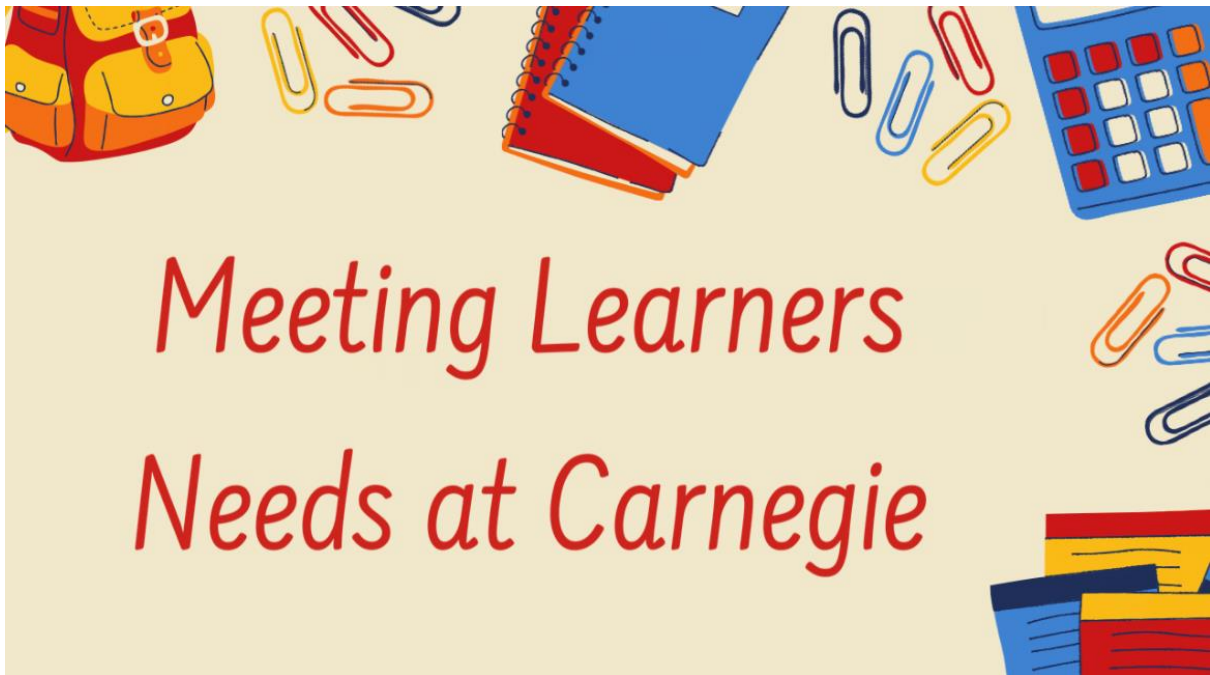


Carnegie Primary School



Virtual Kitbag Instructions

Virtual Kitbag Pack

I know some of you are missing Kitbag so here is an online version. You might like to do this with your family. So, get comfy, relax and connect together using whatever you like from the pack.

Contents:

- ❖ **An MP4 of the music** – you can play this directly through your computer or device.
- ❖ **The Feelings Card** – remember to start with this and say what colour you are feeling, there is no right or wrong here.
- ❖ **The Animal Cards** – I have put all the cards on one picture. Perhaps you can look at this together. Older children often like to discuss the words on the cards and younger children may enjoy just choosing animals and discussing why they have picked the animal they have. Take turns, pick a card for yourself and say why, pick one for someone at home and say why and it might be nice to select one for someone you are not getting to see just now.
- ❖ **Presence Cards** – I have put 8 to choose from. Select one and try to do what it says on the card for one minute. Adults you may need to help your children do this. It takes practise to be able to be still and to empty your mind for one minute.
- ❖ **The Wonder Journey** - This is a visualisation story to help relaxation. It takes about 10 minutes for an adult to read this to you. Do it at the end of kitbag or perhaps before bed to relax you. If you want to play the music it is designed to flow with the story so start the music from the beginning when you start.

Most importantly, just spend a little positive and peaceful time doing this together.

Please get in touch with Carnegie Primary Learning Support Team if you require further support using Kitbag at home.

We hope you enjoy your Kitbag time.