

Preschool Field Officer Program: Let's Build a Cubby

WHAT YOU NEED

- A long piece of fabric (blanket, sheet or tablecloth)
- Pillows
- Soft toys
- A table, chair or another piece of furniture as a starting point.



WHAT YOU COULD DO

- Use the fabric to drape over a small table or chair or create another enclosed space.
- A long sheet could make a hammock around a table.
- Cushions and pillows and long with soft blankets can also be added so children can snuggle and feel relaxed.
- Family members may be needed to guide and assist the children in creating their cubby.
- You could have a picnic with your teddy's in your cubby.
- You could turn your cubby into a kitchen, or a doctor's office.

WORDS & PHRASES TO ENCOURAGE

- When children are using the cubby, you could ask about how they are feeling. How does the cubby make you feel? Does it make you feel happy?
- Sometimes children like to hide in spaces to relax and to just be.
- If children are having a difficult day you could suggest that they spend some time in their cubby to slow down. You may say, "I can see that you're moving really fast, it may be a good idea to spend some time in your cubby."

LEARNING OUTCOMES

- Sometimes everyone needs their own space, a place to retreat and hide. The cubby could be used when children are tired, emotional, scared, anxious or irritable. It may give them time away from others to just relax and be.
- Creating cubbies will involve problem solving, negotiation, imagination, independence, and creativity are just a few areas of learning that are involved when making a cubby.

