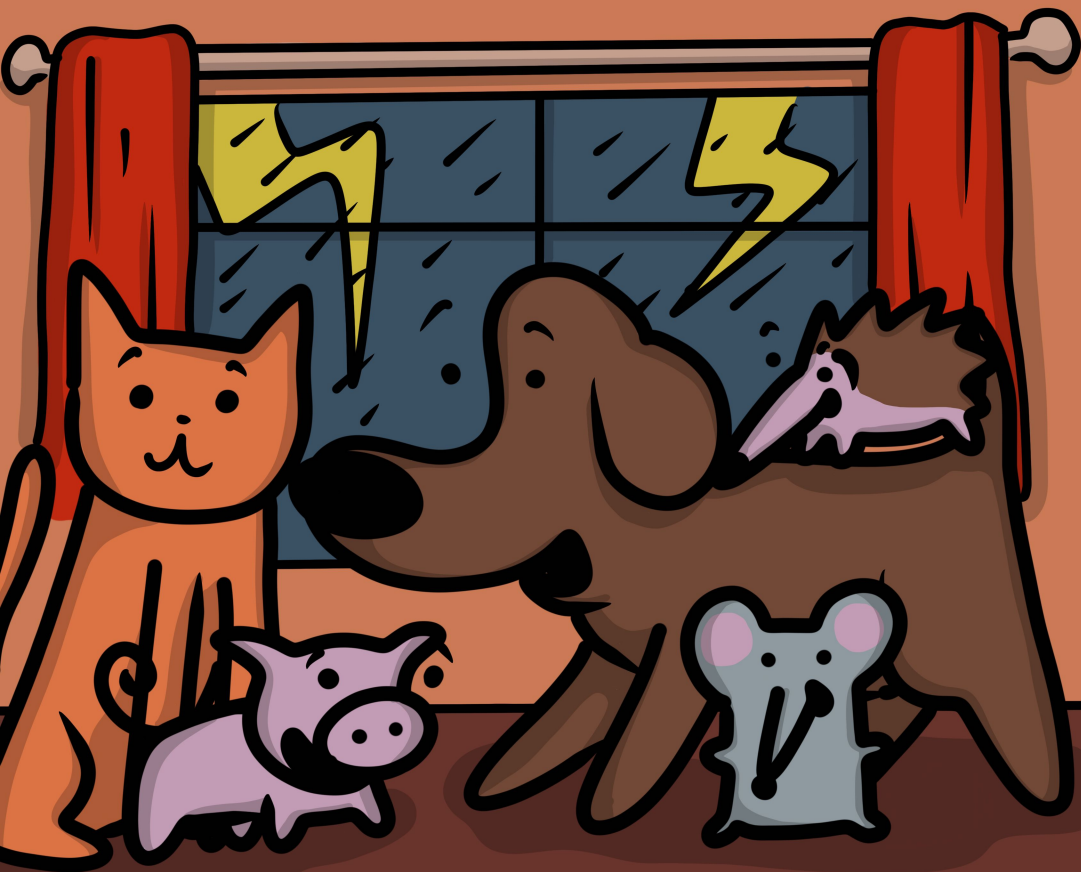
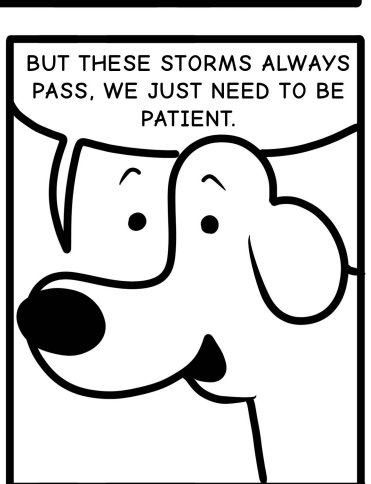
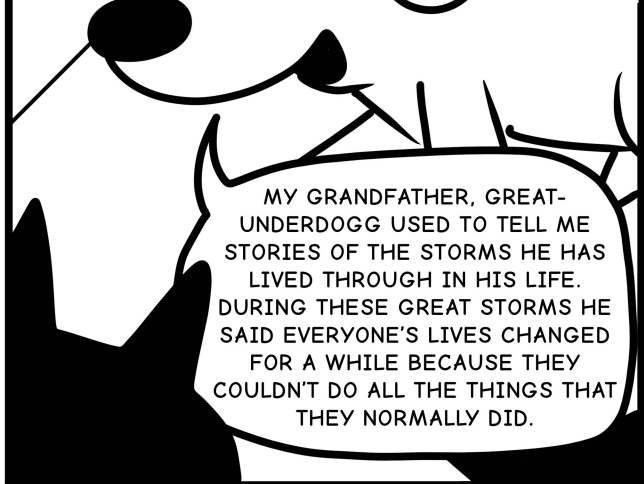
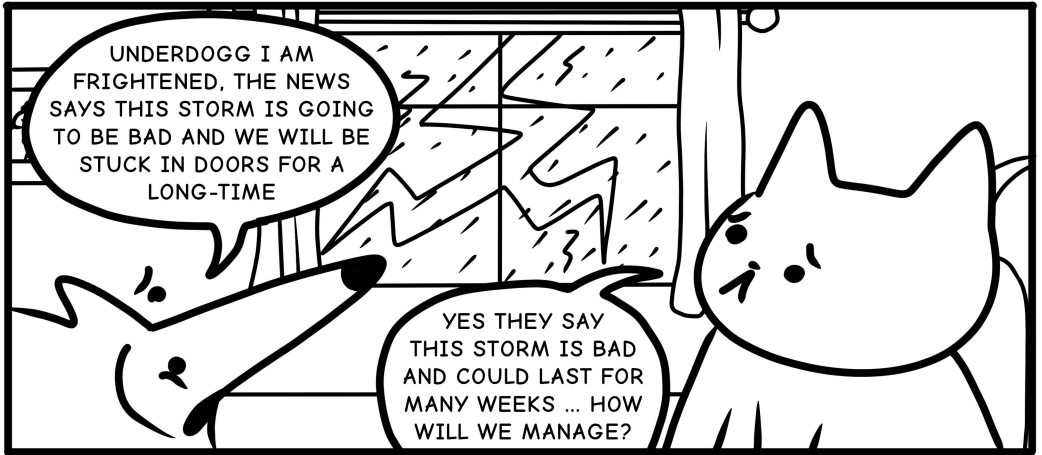


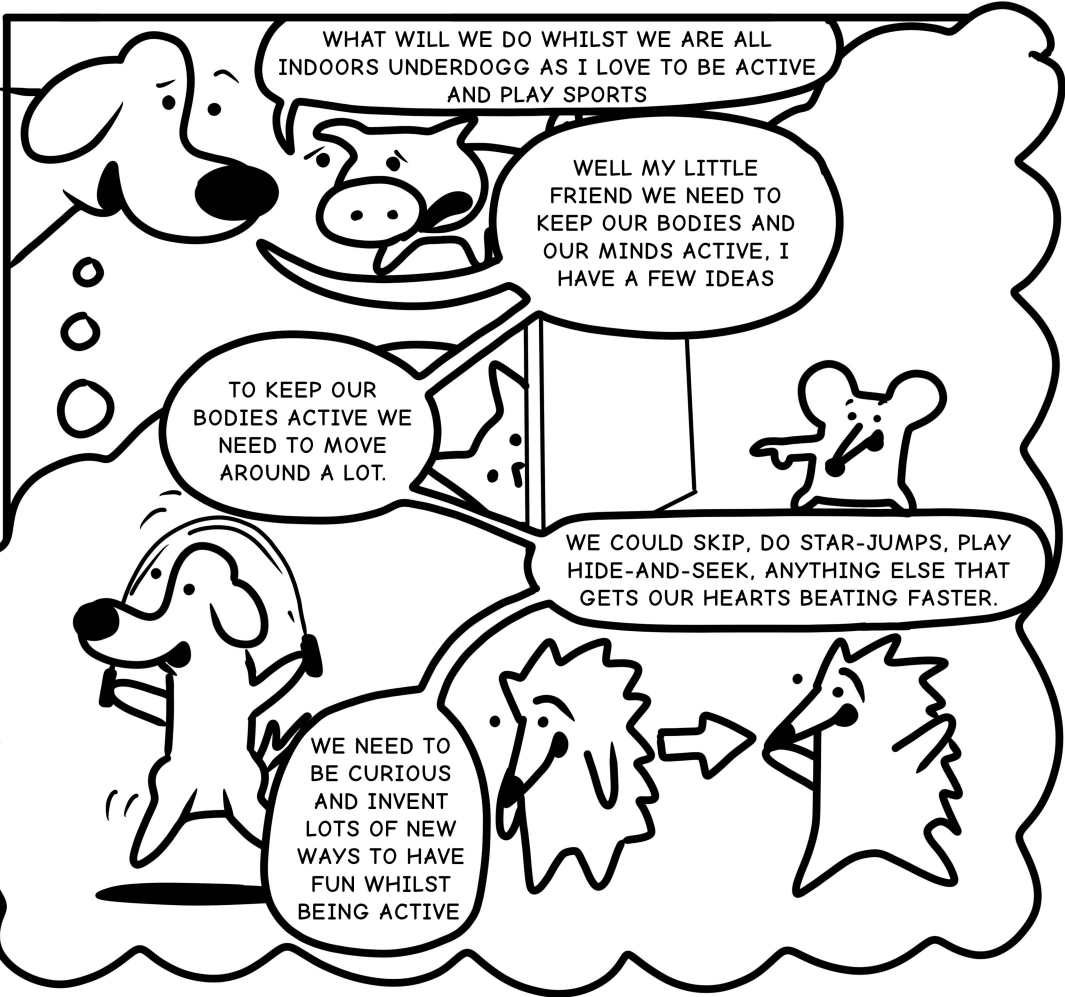
Benjamin Hansom

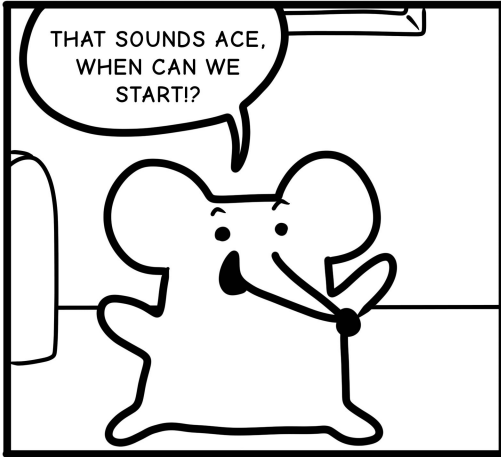
# UNDERDOGG<sup>®</sup>

and the  
Indoor Adventure





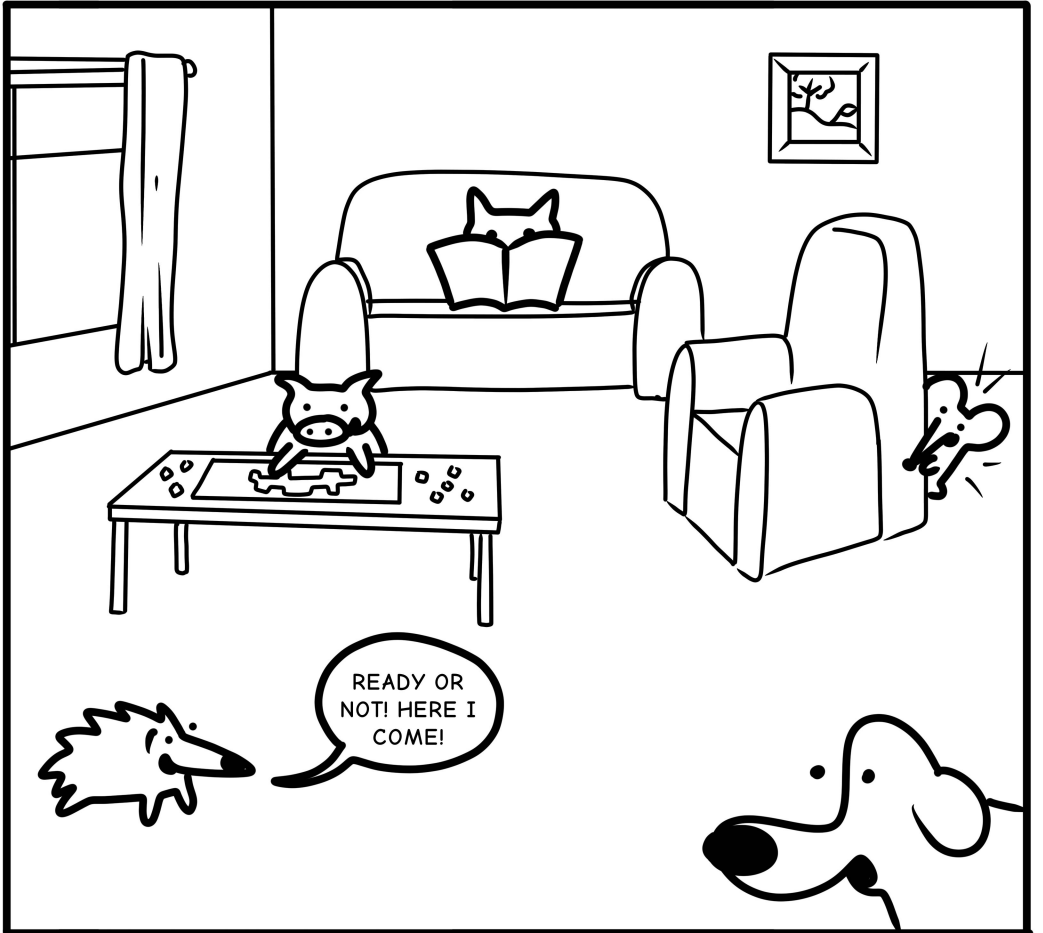






RIGHT EVERYONE,  
LETS GET STARTED!

IT'S HARD WHEN WE ARE STUCK INSIDE  
BECAUSE OF STORMS HAPPENING OUTSIDE,  
BUT IT'S IMPORTANT TO REMEMBER THAT  
STORMS DON'T LAST FOREVER AND THERE  
ARE LOTS OF WAYS WE CAN STAY HAPPY AND  
HEALTHY. THE IMPORTANT THING IS TO BE  
ACTIVE, KEEP YOUR MIND ACTIVE AND BE  
KIND TO OTHERS, BECAUSE LIKE YOU WE  
ARE ALL WAITING FOR THE STORM TO PASS.



READY OR  
NOT! HERE I  
COME!

## **Summary** – What the story was about

Underdogg was with his friends in the house that they share. Many of his friends were worried about the storm that was coming. The news had said that it was going to be really bad and that people need to stay inside where they will be safe.

Underdogg told his friends the story of his Great-Grandfather, Great-Underdogg who had shared tales about how great-storms change our lives for a while and stopped us doing some of the things we loved to do. But these storms don't last forever, we just need to be patient. Underdogg asked his friends to do their best to be kind to each other during this time when they will be inside and that it's helpful to be grateful for what we have rather than focusing on what we don't have.

Underdogg encouraged his friends to think of ways to keep busy during the storm which included things that keep us healthy and our minds active. So as well as moving about lots keeping physically active we need to be curious and create new and different things to do. Take home message – The storm we are currently facing won't last forever but while it is here we need to take positive action to stay happy and healthy. And we need to be kind to each other.

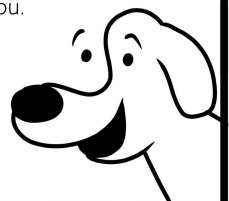
## **Things for Parents and Carers to think about**

Young children are more prone to outbursts when they are afraid because their fight or flight responses are fully formed, but their neural pathways are still a work in progress. They may feel the same stress as an adult when they hear a balloon pop, but lack the ability to quickly realise it's just a balloon and move on. "Pre-schoolers' thinking is very concrete and reactionary. As they get older, children's frontal cortex becomes more developed and they learn through life experiences, so it becomes easier to overcome childhood fears. Take monsters under the bed or noises outside the bedroom window. As the child grows, they're able to understand that monsters aren't real and the noises are just branches brushing against the house."

Scientists have identified two types of fear. There are innate fears, which we're born with, and learned fears, which we pick up along the way. The vast majority of fears are learned, but studies suggest that all mammals have only two basic, innate fears: fear of falling and fear of loud noises.

With the current situation pertaining to the pandemic it's important that all adults try to keep calm when faced with your own irrational fears, rational or irrational —because kids pick up on everything. All adults need to be mindful of the influence their behaviour has even on young children. Even if we do not directly communicate your fears to your child, children are perceptive and may pick up on your emotional expressions and learn from you.

Info@underdogg.co.uk



**TALK ABOUT:**

Underdogg told us a story about finding ways to keep ourselves happy and healthy while being indoors during a storm.

With others TALK-ABOUT what you learned from the story and what important lesson/s you think it taught you.

**HAVE A GO:**

Think about what activities you might do while you are in the house and away from school. Try to be creative and come up with some new games and activities to keep you busy, active and happy.

**PUT INTO WORDS:**

Complete the sentence:

When I have to stay indoors I need to (think about things to do and how you need to be kind to others who also have to stay indoors):

.....

.....

.....

Note for Teachers/ parents: Encourage children to think about being creative in identifying things they can learn about and that will entertain them. Also support them to be kind to others who may also be frustrated at being indoors.

DRAW A PICTURE:

Draw a picture of your indoor adventure.

What are you thinking, feeling and doing?