

Encouraging Physical Development through Den Building

What do I need? (*find a space that is set out of the way that doesn't need to be dismantled straight away*)

Normal household items can make brilliant dens! Here are some suggestions:

- Blankets, sheets, old towels, camouflage netting, all make ideal covers
- A waterproof blanket or tarpaulin on the floor creates a dry area to sit down. Cushions or bean-bags make it extra comfy
- Cardboard boxes, garden canes, branches and twigs - Build wigwams with branches or garden canes tied at the top with string
- Garden furniture - Use your garden furniture, playhouse or play frame if you have one - put them together and cover with a blanket to create a den underneath.
- Fixers - Let children use string, Sellotape, ribbons or clothes pegs to hold things in place and secure covers.
- Lastly let your child personalise their den by decorating it with paints, crayons, chalk, ribbon, leaves, flowers etc.



Building dens inside or outside is a great way to develop your child's skills.

Not only is it great for health and fitness but also for general wellbeing. It can provide hours of fun and a special space for your child to escape to in these strange times. Den building also supports movement through the collection of materials, improving gross and fine motor skills through lifting, carrying, placing, gripping and grasping whilst having lots of fun and developing imagination.

