



## Activities for 4-5s

Number 8, 30/06/2020

### Activity 1: Act it out!

- Playing games online can be a fun, engaging and entertaining activity for younger children.
- It's important to **check the age-rating** for games your child would like to play, as some are meant for older children and grown-ups. You can find more information and advice about this in our article: [www.thinkuknow.co.uk/parents/articles/gaming-whats-appropriate-for-your-child/](http://www.thinkuknow.co.uk/parents/articles/gaming-whats-appropriate-for-your-child/).
- **Your child should always be supervised** whilst playing games and **should only play games with people they know offline**.
- Always encourage your child to **tell you or another grown up they trust** if they see anything online that makes them feel worried, scared or sad.
- With your child, read the simple story below based on Jessie & Friends, then act it out together! You could use props or items of clothing you have around the house and invite other family members to join in too! Let your child pick the character he/she wants to be (you can play multiple characters if there aren't enough people).
- You could think of more scenarios to act out. Some examples could be:
  - While playing her favourite game, someone Jessie doesn't know asks to play with her.
  - Jessie's friend asks her to play a new game with him. Jessie asks her dad whether this game is ok to play.
- Throughout the play acting, reinforce the messages that:
  - Jessie should only play games with people she knows offline
  - Jessie should ask her dad before playing a new game
  - Jessie should tell her dad or another grown-up she trusts if she sees something that makes her feel worried, scared or sad.

### Activity 2: Stepping stones

- Make a 'path' across the room with pillows/cushions, beanbags or hoops. You could put a 'reward' of your choice at the end of the path for your child to work towards. Explain to your child that the pillows are stepping stones across a river.
- Tell your child that to get safely to the other side of the river they need to jump onto the stepping stones (pillows/cushion/beanbag/hoop) one by one. Before they can jump to the next stepping stone, they have to answer a question. Use the scenario questions below (one per stepping stone). Ask your child if this is **OK** or if Jessie should **TAG. TAG stands for Tell A Grown Up**.
- If they answer correctly, your child can jump to the next stepping stone. If incorrect, explain the correct answer and allow them to jump to the next one.

#### About Thinkuknow

Thinkuknow is the online safety education programme from the National Crime Agency. Once a fortnight, on Tuesdays, we will produce a new activity sheet to help you support your child while schools are partially closed. You'll find lots of support and advice for parents and carers on keeping your child safe online at [www.thinkuknow.co.uk/parents/](http://www.thinkuknow.co.uk/parents/).

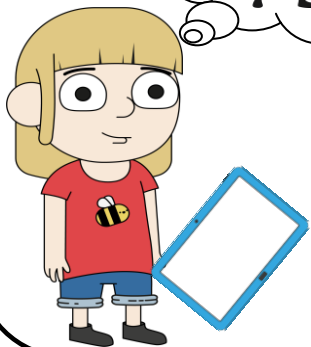
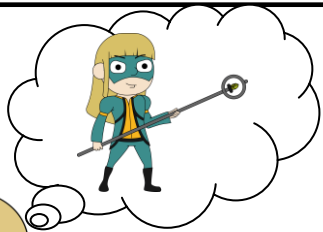
For more advice on safer gaming, including family controls, go to [www.askaboutgames.com](http://www.askaboutgames.com)

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## Act it out!

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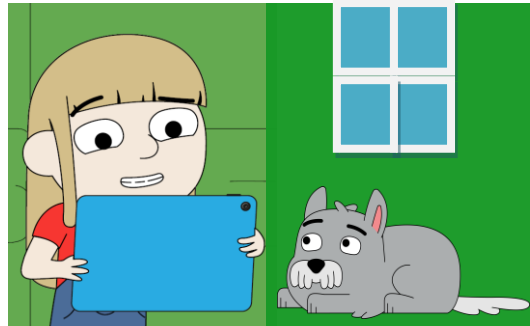
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Jessie loves playing games on her iPad!

2

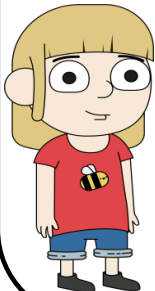
Jessie is playing her favourite game with dog, when a video pops up on the screen



The video makes Jessie feel scared

4

If it makes you feel funny in your tummy, worried, scared or sad. Then you must tell a grown up you trust, like a teacher or a mum or dad!



Dog reminds Jessie what she should do if she feels scared



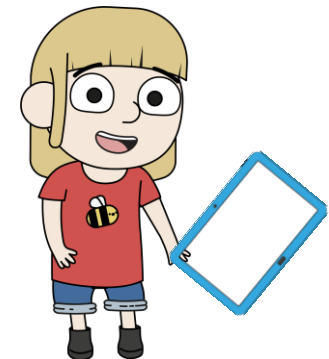
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Jessie tells her dad what has happened and he helps her



6

Jessie feels happy again!





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## Stepping Stones

For each scenario below, ask your child 'Is it OK or should Jessie TAG?' Remember, TAG stands for Tell A Grown Up. There are 4 questions here so you will need 4 pillows/cushions/beanbags/hoops but feel free to come up with your own questions. After answering each question, your child can jump to the next stepping stone and cross the river!

## Scenario Questions

Jessie is playing a game online. Her friend from school, Mo, asks if he can play with her.

*Is this **OK** or should Jessie **TAG**?*

Jessie is playing a game online. A video pops up which makes her feel really sad!

*Is this **OK** or should Jessie **TAG**?*

Jessie is playing a game online. Another player asks to play with her - but she doesn't know this person.

*Is this **OK** or should Jessie **TAG**?*

Jessie is playing a game with her friend Tia. Tia tells Jessie they have to fight a scary crocodile in the game! This makes Jessie feel scared.

*Is this **OK** or should Jessie **TAG**?*