

Den Building

Den building is great for physical development, problem solving skills, decision making, creativity (structure, appearance, decoration), sparking imagination, developing gross and fine motor skills and hand-eye coordination.

What do I need?

Blankets, sheets, curtains, towels, sleeping bags, pegs, boxes, cushions/pillows.

How do we build the den?

Let your child have space and time to create and develop their individual ideas without your guidance unless your support is requested: draping blankets over beds, tables, sofas, chairs and pegging them together; furnishing with cushions etc.

Now what? Children can...

- Create stories/scenarios for their dens and characters to inhabit them, allowing them to experiment with behaviours, feelings and boundaries in a completely safe environment of their own creation.
- Make 'Danger' 'Keep out' 'Welcome' or name signs for their den.
- Be involved in making emergency rations (packed lunch) to take into their den.
- Take books and torches (if you have one) into their den. It's amazing how much more exciting it is to read in a den!
- Use dens to play **'Capture the Flag'** with 2 or more family members as teams, the 'defenders' and 'attackers'. The defender's den is a prison, the attacker's den is a base. Anything can be used as a flag: scarf, tea towel, t-shirt. The defender protects their flag by tagging an attacker who then must go to prison (for the count of 10 if there are only 2 players, otherwise until they are released by another attacker). When the attacker gets the flag back to their base they win. If, however, the attacker gets tagged on the way back to base the flag goes back to the defender's prison for them to defend again.

