

ACTIVITY GUIDE

Magic Tent



OBJECTIVE

To provide children with a calming, sensory-rich experience that encourages imagination, relaxation, and quiet reflection.

The Magic Tent activity aims to create a soothing environment where children can unwind, explore their senses, and feel immersed in a magical space of stars and comfort.

PREPARATION BEFORE THE ACTIVITY

1. Setting Up the Magic Tent



Location: Choose a quiet corner of the room or a low-light area where the tent can be set up without distractions.



Assemble the Tent: Place the starry night projector inside, ensuring it's positioned to cast stars across the tent's interior for maximum effect.



Add Comfortable Elements: Arrange soft pillows and blankets inside the tent to create a cozy and inviting atmosphere.

2. Adding Sensory Elements (Optional)



Place small, sensory-friendly items inside the tent, such as:

- ✓ Soft, touchable objects (like stuffed animals or textured blankets).
- ✓ Small, quiet toys that emit gentle sounds (e.g., chimes or soft music).
- ✓ Star or moon-shaped handheld lights or glow-in-the-dark objects.

- ✓ Picture books with nature or nighttime themes for imaginative exploration.



Check All Items: Ensure that any items placed in the tent are safe and age-appropriate for the children.

3. Prepare the Kids



Explain that they'll each have a turn in the "Magic Tent," where they can relax and enjoy looking at the stars or quietly play with a few special items.



Let them know it's a quiet space **meant for peaceful time**, and they can use their imagination to think of being under a real night sky.

4. Plan Time and Supervision:



Determine a rotation schedule if you have multiple children, as only 1-2 can fit comfortably in the tent at a time.



Decide on a time limit per child (about 5-10 minutes is typically enough for younger kids) and ensure you or another adult can supervise or assist if needed.

STEPS DURING THE ACTIVITY

1. Introduce the Magic Tent



Gather the group and explain the idea behind the tent experience: ***“Today, each of you will get a chance to relax in our Magic Tent, where you’ll see stars all around you, just like in the night sky! You can look at the stars, play quietly, or even imagine you’re on a magical journey!”***

2. Guiding Each Child Inside (5-10 Minutes per Child)



Invite the Child: Guide one or two children at a time into the tent. Help them settle in and show them how to turn their focus to the starry lights.



Introduce Optional Elements: If the tent includes sensory objects or books, show the child how to interact with them gently.



Encourage Relaxation: Suggest that they look up at the stars, take deep breaths, or imagine they’re on an adventure in a forest, by the ocean, or in outer space.



If using calming sounds or music, play it at a low volume to help create a relaxing atmosphere.

3. Quiet Reflection and Imaginative Play



Allow the child to quietly enjoy the tent at their own pace. Encourage them to lie back, look at the stars, and let their imagination wander.



Remind them that this time is theirs to relax, think, or imagine anything they like.



If appropriate, softly ask questions to encourage imaginative thinking, like:

CAN YOU IMAGINE WHERE
THE STARS MIGHT TAKE
YOU TONIGHT?

DO YOU SEE ANY
SHAPES OR PICTURES
IN THE STARS?

WHAT WOULD YOU
NAME YOUR
OWN STAR?

4. Closing and Transition



After their time is up, gently let the child know it's time to exit the tent. As they leave, ask them to share (if they'd like) one thing they imagined or felt while in the tent.



Transition to the next child, ensuring they also get a calming introduction and experience inside the tent.

EXTRA ACTIVITIES

Reflection Activity



After everyone has had a turn, gather the children and ask them to share one thing they noticed or felt while in the Magic Tent. For example, they might share a shape they saw in the stars or a feeling of calm they experienced.

Draw Your Night Sky



Provide paper and crayons, and encourage the children to draw what they imagined or saw in the stars. This can help them express and extend their imaginative experience.

Nighttime Stories



After the tent experience, read a short, calming story about stars, nighttime animals, or adventures under the night sky. This can deepen their connection to the theme of the activity.

Tips Teachers or Volunteers



Foster a Calm Environment: This activity is designed to create a sense of calm and wonder. Encourage a quiet and relaxed tone throughout, even with children waiting for their turn.



Be Mindful of Time: Depending on the children's age and comfort level, adjust the time limit to ensure each child gets a meaningful experience without feeling rushed.



Individual Needs and Comfort: Some children may feel hesitant to be in a dimly lit, enclosed space. For those who might be nervous, offer to sit nearby or keep the tent slightly open so they feel secure.



Encourage Imaginative Exploration: The starry light and cozy setting invite imaginative play and reflection. Engage children by subtly suggesting ideas but avoid overly directing their experience.