

THE SCREEN-FREE RESTAURANT PACK - PRE-SCHOOL EDITION · AGES 3–5 (AND ADULTS TOO!)

WHILE YOU WAIT FOR YOUR FOOD, TAKE TURNS ASKING EACH OTHER THESE.

Fun Questions

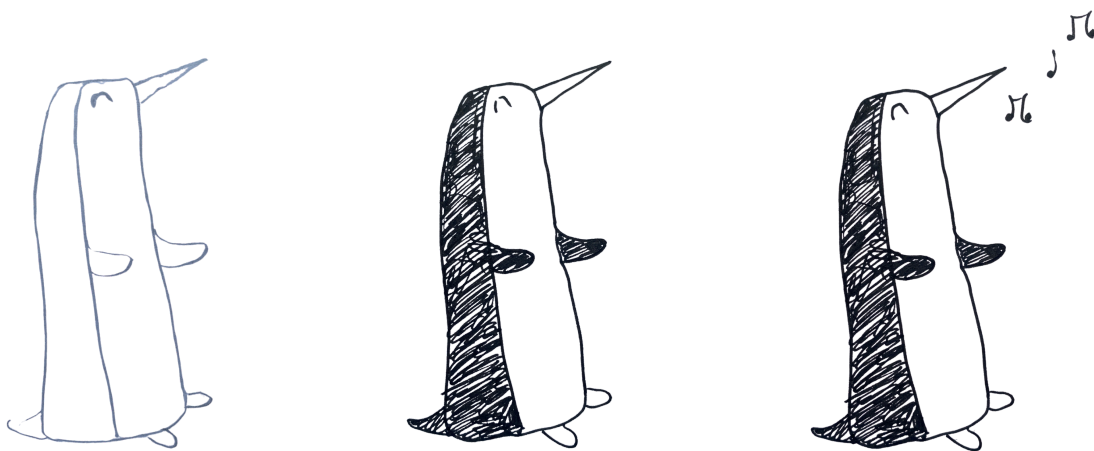
- **If you could turn into any animal for one day, which one would you pick?**
- **What's the silliest thing you've ever seen?**
- **If our table could fly, where would you take it?**
- **What would a sandwich made entirely of your favourite foods look like?**
- **If you could invent a new colour, what would you call it?**

Wonder Questions

- **What's something that made you smile this week?**
- **What's the best thing about being you?**
- **If you could give the whole world one present, what would it be?**
- **What's a kind thing someone did for you that you remember?**



DRAW A PENGUIN



How to Draw a Penguin – the rectangle method

Penguins are joyful to draw. Once you've got the rectangle, the rest falls into place.
You'll need: pencil, pen, eraser (optional)

- **Start with the body.** In pencil, draw a long rectangle with slightly rounded edges. You can make it skinnier at the top and wider at the bottom, or play around with the shape – more square, more rectangle, taller, wider. Each one becomes a different penguin.
- **Draw a line roughly down the middle of the rectangle.** This separates the white front from the black back and gives you a guide for the next steps.
- **Add the features.** Still in pencil, add an eye, a small beak, two front flippers on either side of the body, the feet at the bottom, and a little tail at the back.
- **Switch to pen.** Go over your pencil outline.
- **Fill in the black sections.** You can either colour them in completely, or do what I do and use a squiggly black pattern across them – it adds movement and texture.
- **Erase your pencil lines underneath.**
- **Add the fun touches.** A shadow under the feet gives it weight. Then any extra details that bring it to life – I like to add little musical notes around mine to make him look like he's dancing.

Try this – make your penguin your own:

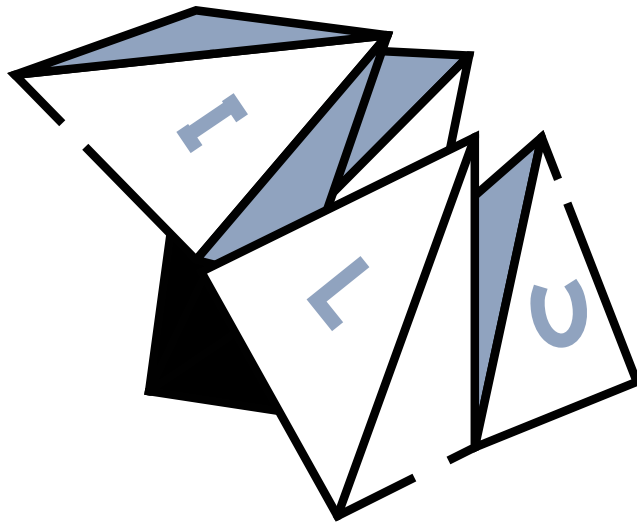
Experiment with wide penguins, tall penguins, square penguins – each rectangle gives you a completely different character

Try different eye shapes to give them different personalities – sleepy, surprised, mischievous

Draw a whole penguin family – a tall daddy, a slightly smaller mummy, and tiny babies

This one's a really fun drawing exercise in joy. Try a few and see who shows up.

FORTUNE TELLER - FOR THE GROWN UPS TO MAKE



You'll need: a square piece of paper. If you only have a rectangular napkin or piece of paper, fold one corner across to make a triangle, then cut or tear off the strip at the bottom – that gives you a square.

How to fold:

- 1. Make a cross fold. Put the square in front of you. Fold it in half left to right, then unfold. Fold it in half top to bottom, then unfold. You should now see a cross-shaped crease running through the middle.**
- 2. Fold all four corners into the middle. Bring each corner one at a time so the point lands exactly in the centre where the creases meet. Press each fold flat. You should now have a smaller square with four triangles meeting in the middle.**
- 3. Flip it over. Turn the whole thing so the smooth side is facing up and the folded triangles are underneath.**
- 4. Fold the four new corners into the middle. Same as before – bring each corner to the centre and press flat. You'll now have an even smaller square with four more triangles meeting in the middle.**
- 5. Fold the square in half. Either direction works. Press the fold firmly.**
- 6. Slip your fingers in. On the underside, you'll see four little pockets. Put your thumbs into two and your index fingers into the other two. Gently pop the fortune teller open – it should bloom into a little four-pointed shape that opens and closes when you move your fingers.**

Make it yours:

On the four outer flaps, write or draw numbers, colours, animals – whatever you like. On the eight little inner triangles, write a fun prompt for the child. Here are eight to start with – or come up with your own:

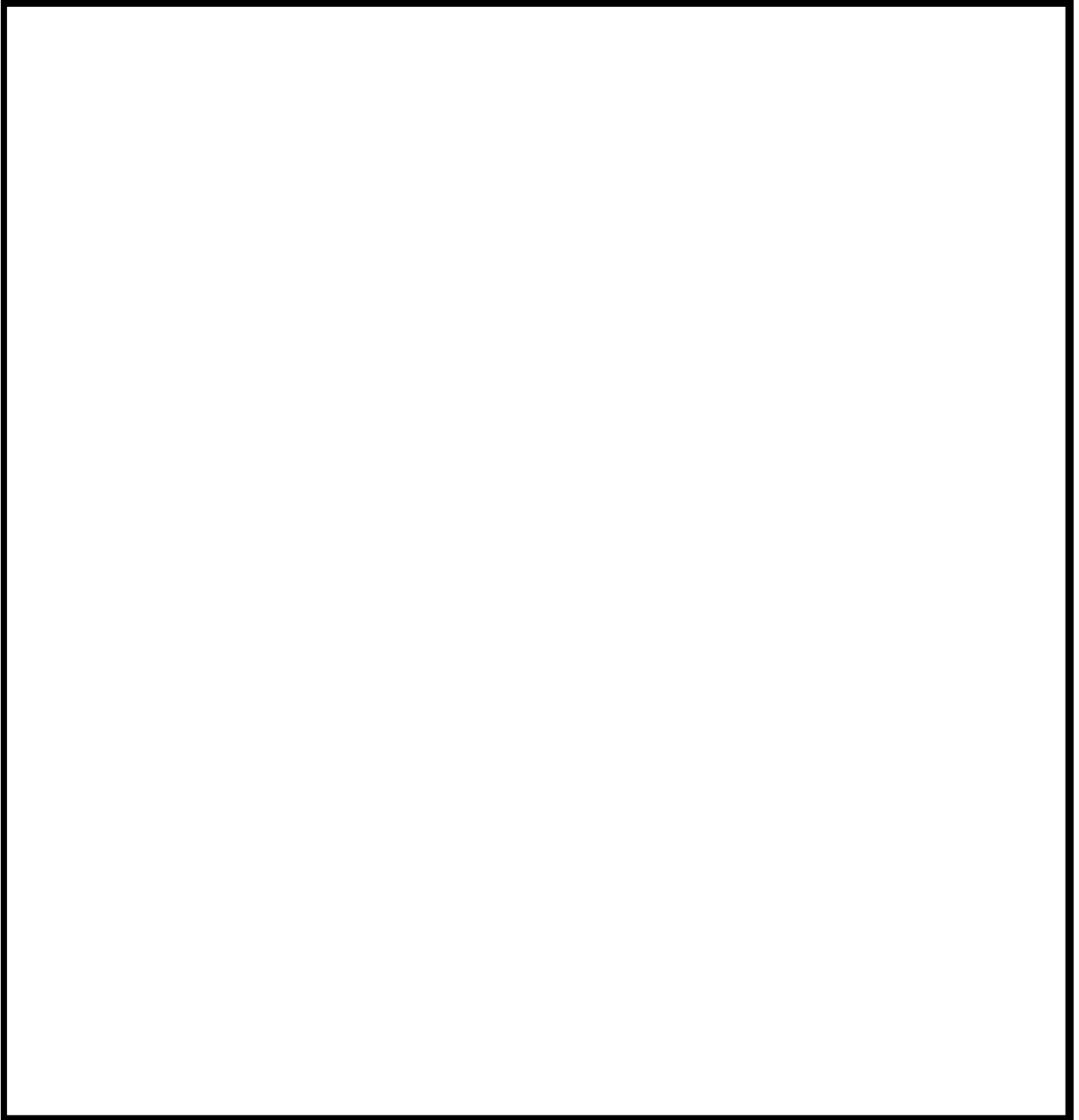
- Make your silliest face**
- Tell us your favourite animal**
- Wiggle your nose three times**
- Say "hello" in a tiny squeaky voice**
- Tell us something that made you laugh today**
- Pretend to be a sleepy lion**
- Do your best dinosaur roar (quietly!)**
- Give the person next to you a high five**

How to play:

The child picks a number, colour, or picture from the outside. The grown-up opens and closes the fortune teller that many times. The child picks another one from inside. Lift the flap to reveal the prompt – and act it out.

DRAW A FUTURE YOU`D LOVE

If you could make the world look any way you wanted – what would be in it? Lots of animals? Tall trees? Rainbow houses? Friends everywhere? Draw it here.



TELL US ABOUT IT:

GROWN-UPS: SCAN THIS TO SHARE
THEIR DRAWING WITH US.

