

Celebrate your child for who they are!



Children love having parents who are playful, fun, interested and curious about them. Children enjoy feeling important and special and really benefit from having some individual time with parents.

Here are some creative activities that you can use with your child to support their emotional development at home. Play releases lots of feel good chemicals that help us feel calm, steady and connected. If possible, look to do these activities for as much as 20 minutes or more each day.

Saturday	Use a finger to draw a flower on your child's hand; extend this to a guessing game with older children by drawing a shape, number, pattern or creature.
Sunday	Dance together: perhaps teach your child a dance you did when you were younger. Be willing to learn one from them.
Monday	Make a den with cushions, blankets, bed sheets, clothes pegs, pillows – anything soft!
Tuesday	Do loud singing then quiet singing, or very active movement then slow movement eg. find your favourite song and create a dance for it.
Wednesday	Use face paints together eg. favourite animals. After painting, wash each other's hands or wipe the fingers free of substance. Or draw each other's faces – you could even do it with your eyes closed!
Thursday	Set-up a treasure hunt: take it in turns to hide things for each other. Or play hide and seek!
Friday	Try some gentle yoga moves. Or explore family.gonoodle.com/activities/around-the-town or family.gonoodle.com/activities/melting

Top Tips:

- ✓ Draw up a routine of what you are doing and when.
- ✓ Keep cardboard boxes or clean recycling objects to use for arts later.
- ✓ Don't worry if things go wrong - play can be fun and endings can be difficult.
- ✓ Remember – children learn hugely through play, especially with an adult they love.

Thrive activities useful for parents of children up to 7 years old – week two



Children love being creative and adventurous especially when adults play alongside them. For children to become emotionally strong and healthy, they need safe challenges and new experiences. Here are some ideas of things you can do at home to support this important learning.

Playing outside if possible, improves children's physical and sensory development as well as their imaginations and it's fun! Here are some creative activities that you can use with your child, aged up to 7 years. All the activities can be adapted to use the resources you have available to you.

Monday	<p>Make a den</p> <ul style="list-style-type: none"> • Look for sticks and branches. • Find logs. • Hunt for interesting things to put in your den.
Tuesday	<p>Music festival</p> <ul style="list-style-type: none"> • Form your own band. • Make your own instruments. • Listen to music and dance along with the actions. Here are two videos to watch and dance to: Brain Breaks Action Songs
Wednesday	<p>Junk modelling</p> <ul style="list-style-type: none"> • Use your saved recycling rubbish to explore, create and experiment. • Use glue, sticky tape, string, paint, anything you like and let your imagination go wild! • Download 'Junk Materials Challenge Cards' for creative inspiration.
Thursday	<p>Nature treasure hunts</p> <ul style="list-style-type: none"> • Go on a treasure hunt inside or outside the house. Collect anything interesting or unusual. For example, flowers, buttons, leaves and toys. • Bug hunts - how many different ones can you find?
Friday	<p>Let's get moving</p> <ul style="list-style-type: none"> • Take part in The Body Coach's daily PE lesson on YouTube. • Create an obstacle course from items around the house, that includes balancing, crawling, stretching, throwing and catching. • Do physical activities in an outdoor space.
Saturday	<p>Cooking</p> <ul style="list-style-type: none"> • Share the preparation for a simple meal. • Peel and chop fruit and vegetables. • Make a sandwich with a choice of fillings. • Experiment with different flavours and textures.
Sunday	<p>Gardening</p> <ul style="list-style-type: none"> • Sow some seeds. • Do some weeding or tidy your outdoor space. • Look for bugs! • Water your house plants.

Top Tips:

- ✓ Allow children to play freely while you follow their lead, keep them safe and enjoy the experience alongside them.
- ✓ Encourage your child to be as adventurous and creative as possible, perhaps by role modelling the activity yourself first.
- ✓ Physical activity supports children by allowing thinking skills to develop.

Thrive activities useful for parents of children up to 7 years old – week three



Problem solving and planning can be both challenging and fun. Children learn to develop and try out essential skills best alongside a steady, calm and connected adult. We can use our problem solving skills to help children make sense of their experience and put meaning to it whilst at the same time managing big feelings. Here are some creative activities that you can use with your child, aged 3 to 7 years.

Monday	Do an online quiz of your choice, you could even compete with other members of your family.
Tuesday	Plan, design and build your ideal house. <ul style="list-style-type: none"> • How many rooms would it have, who would live there? • What would be your house rules? You could build it out of boxes, cardboard, empty household resources, Lego, virtually on a laptop or draw it.
Wednesday	Dreaming that we are in/at... <ol style="list-style-type: none"> 1. Someone chooses an imaginary place to go to (for example a school) but keeps it secret. 2. Players then suggest things to bring and have to guess where it is they are. So “tent” would be wrong – no tents in school. But a “notebook” is right. 3. Winner gets to choose the next ‘dream’ destination and maybe choose a forfeit for the loser. You could play this over skype with your friends!
Thursday	I’m Being Silly! <ol style="list-style-type: none"> 1. The adult starts off with a simple story and your child has to stop you when you have to said something silly. For example: <i>Johnny was a four-year-old boy on his way to school. As he left, he grabbed his car keys and buckled himself into the driver’s seat.</i> 2. If they don’t stop you, you keep going. 3. Make the story as easy or as tricky as you like. 4. Swap over! Choose a fun, safe and agreed way to stop the story when you hear the silly.
Friday	Pick your favourite song and create your own dance routine to it. Teach your dance to your family or to friends over skype. Or Have a go at Zumba!
Saturday	Games Day Get out your favourite boardgames and have a tournament!
Sunday	Create and make your own mud kitchen in the garden. <ul style="list-style-type: none"> • What could you make in your mud kitchen? • What would be your menu? Or plan and create your own garden of dreams!

Top Tips:

- ✓ Choose games with simple, easy to follow rules, you could even agree to take some rules away or add your own!

Thrive activities useful for parents of children up to 7 years old – week four



The role of the parent and carer is to support children to find out who they are and what they like to do. With this comes greater independence and responsibility, with children learning that they can still ask for help. We have put together some activities to support healthy social and emotional development through creativity, art and play. Here are some creative activities that you can use with your child age 3 to 7.

Monday	Create a magic potion from what you can find around the house or garden.
Tuesday	Do the 5-star breathing exercise .
Wednesday	Make a collage of you! What can you find in the house or garden to make it? Upload your picture to our Facebook page.
Thursday	Play the “who am I game”. Stick the name of who you are on your head and let others try and guess!
Friday	Make a hideout – is it a castle or a lair? Send us a photo!
Saturday	Pick 5 kind things you can do today and carry them out.
Sunday	Write a story all together by adding a line each – send us your funny stories.

Top Tips:

- ✓ Imagination can help manage big feelings for both children and adults
- ✓ It's ok to feel frustrated as the adult when times get hard – take a deep breath and have a cuppa.
- ✓ Remember – it's ok to say no. Learning about boundaries is an important life skill

Thrive activities useful for parents of children up to 7 years old – week five



The role of the parent and carer is to support children to find out who they are and what they like to do. With this comes greater independence and responsibility, with children learning that they can still ask for help. We have put together some activities to support healthy social and emotional development through creativity, art and play. Here are some creative activities that you can use with your child, aged 3 to 7 years.

Monday	How many shapes can you all make with your body?
Tuesday	Watch the diary of a worm.
Wednesday	Create your own worry worms.
Thursday	Visit GoNoodle and learn some yoga moves.
Friday	Create an imaginary world in old shoe box – we would love to see them!
Saturday	Go on a sensory walk around your house or garden. What can you see, hear, smell and feel?
Sunday	Make a junk model of your superhero!

Top Tips:

- ✓ Imagination can help manage big feelings for both children and adults.
- ✓ It's ok to feel frustrated as the adult when times get hard – take a deep breath and have a cuppa.
- ✓ Remember – it's ok to say no. Learning about boundaries is an important life skill

Thrive activities useful for parents of children up to 7 years old – week six



Being with adults we feel safe and secure with are the foundations for learning. Use this time to optimise connectivity and laughter to ready your children for returning to school when the time comes. Here are some creative activities that you can use with your child, aged 3 to 7 years.

Monday	<p>Monday Memories Create a memory box or bag of all your favourite things/people you are missing. For example, collect objects, photos, anything that reminds you and save them. Decorate it however feels good for you.</p>
Tuesday	<p>The sky's the limit Explore the sky, lie on the ground and see how many shapes or animals you can see in the clouds. You could even take pictures and make them out of cotton wool and stick them on paper.</p>
Wednesday	<p>Movie Time Choose your favourite movie and sit down together to watch it as a family. Wrap up in your favourite blanket, with your favourite drinks, snacks, teddy.</p>
Thursday	<p>Face Mask Thursday Create your own paper face masks together. You could do emotions of how you feel right now, animals, family members, friends, your favourite character.</p>
Friday	<p>Pizza! Make and eat together your favourite pizza. Go wild with your ingredients. Try out what the food feels like and tastes like. You could even try a chocolate pizza.</p>
Saturday	<p>Hairdressers Create your own hair salon and do each other's hair! Grab the hair gel and accessories. I wonder what wacky creations you can do!</p>
Sunday	<p>Bear Breath. Practice as a family your bear breath. Bear breaths help you feel calm and steady when things get tricky. You can use them at any time!</p>

Top Tips:

- ✓ You don't need to have an outcome in your play, being in the moment provides all those feel good chemicals!
- ✓ It is ok to miss the people you love and can't see. Memory boxes can help with those big feelings and help us feel connected even though we can't be with them.
- ✓ Trying new food can be scary. It can sometimes help to see what it looks like, feels like and tastes like (If it's safe) before its cooked.