

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

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	<p>Shadow puppets show Make shadow puppets and make a story to share with your family. The story could be scary, relaxing or exciting.</p>
Tuesday	<p>Movie theatre! Bring your stuffed animals and toys into the living room and set everyone up to watch your favourite movie.</p>
Wednesday	<p>Tense and release Starting at your feet and working your way up your body, gently squeeze your muscles one-by-one for 5 seconds, and gently release.</p>
Thursday	<p>Action Tic-tac-toe Make a giant grid on the floor with paper or tape and fill the grid with actions (e.g. act like a monkey). You must complete the action before placing a X or O in the grid.</p>
Friday	<p>Parachute game Get a bed sheet and fill the centre with balls or scrunched up paper. Move the sheet up and down and see who can get the objects off the sheet as quick as possible.</p>
Saturday	<p>Weekend disco Make a playlist of your favourite songs and dance with your family. Who's got the best moves?</p>
Sunday	<p>Rope-less tug of war: In pairs, turn around so you are back-to-back and interlock your arms. Draw a line or place a marker down on the floor, and on "Go", both pull forward to try and get the other person over the line.</p>

Top Tips:

- ✓ Role modelling as a parent can be a really powerful way to show how we can interact with each other.
- ✓ It can be really hard to receive a compliment, whether you are an adult or a child. Try saying a simple 'thank you' if it feels uncomfortable.
- ✓ Imagination can help manage big feelings for both children and adults
- ✓ Remember – it's ok to say no. Learning about boundaries is an important life skill