

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



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.

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| Monday | <p>Laugh together: Watch something funny and enjoy how it feels to laugh.</p> |
| Tuesday | <p>Draw your child: Draw around the outline of your child – Write within it the things you love and notice about them.</p> |
| Wednesday | <p>Special object: As a family, each find an object or possession in your home that is special to you and think about what makes it important to you. Share together.</p> |
| Thursday | <p>Face Snap: In pairs, place your hands over your face and on “go”, move your hands to reveal your facial expression. If they match, shout “Snap!”</p> |
| Friday | <p>Make a face: Go outside and make a happy face out of what you can find in nature. This could be leaves, pebbles, twigs, flowers.</p> |
| Saturday | <p>Do something meaningful: Let someone you love know how much they mean to you.</p> |
| Sunday | <p>Relax: In a quiet and safe place, remember a happy or special time in the past. Who is with you, and why is it special?</p> |

Top Tips:

- ✓ Remember – children learn hugely through play, especially with an adult they love.
- ✓ 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. Memories can help with those big feelings and help us feel connected even though we can't be with them.