

<b>Being Activities</b>	<b>Doing Activities</b>	<b>Thinking Activities</b>
<p data-bbox="270 337 520 362" style="text-align: center;"><b>Paper Plate Portraits</b></p> <p data-bbox="94 402 699 764">Engage the child to visualise themselves and re-create their own image. Using paints, wool, pens, pencils, paper plates, scissors etc. to do an all about me project. Choosing the right colours for your eyes, skin colour and hair gets us to notice our difference and similarities and making decisions about the length of our hair or how many freckles we may have. When talking with the child "I love how green your eyes are and your eyelashes are so long, I'm noticing how you are trying to count all of your freckles and that must be quite tricky."</p>	<p data-bbox="926 337 1125 362" style="text-align: center;"><b>Adventure Trails</b></p> <p data-bbox="732 402 1320 630">Create an adventure trail in the room or outside you can be creative in what you use including cushions and throws, chairs, mats, brushes, boxes, planks of wood etc. See how many ways you can go along or through it. Make sure it is safe. Do not make it into a competition and get everyone involved in making it and playing.</p>	<p data-bbox="1545 337 1782 362" style="text-align: center;"><b>Deconstruction Site!</b></p> <p data-bbox="1352 402 1976 711">Provide age appropriate objects that can be safely dismantled or deconstructed. This can be anything including cardboard boxes, lego models, old unwanted electronics (not switched on of course) and be careful what you use as the aim is not necessarily to be able to rebuild it!! Be on hand to supervise or support your children with this and give a positive commentary about the way the child/young person approaches the task.</p>
<p data-bbox="270 850 520 875" style="text-align: center;"><b>'About Me' Handprint</b></p> <p data-bbox="94 907 699 1265">Draw around your child's hand, and write their name in the middle. Then in each finger, write something special about themselves, whether it be an aspect of their personality or perhaps something they are good at. This activity gives the child an opportunity to think about how they are special and positive aspects about them that they perhaps had not thought about before. It also gives us the chance to convey to the child what we think is special about them, what we think they are good at etc. This helps to reinforce the message that they are indeed special.</p>	<p data-bbox="869 850 1182 875" style="text-align: center;"><b>Balloon Voice Investigation</b></p> <p data-bbox="732 915 1320 1110">Carefully cut off the neck of a balloon using scissors and discard. Stretch the rest of the balloon over one end of a cardboard tube. Gently place one finger on the balloon and talk down the cardboard tube. What can you feel, hear and what sensations that are coming off the cardboard tube/balloon.</p>	<p data-bbox="1572 850 1755 875" style="text-align: center;"><b>Problem Solving</b></p> <p data-bbox="1352 915 1976 1143">Involve your children in this fun exercise and be as creative as you like. Set a scene i.e a raging river with crocodiles/ a forest with trolls etc it's up to you. Then using toys/puppets work out ways to navigate this and get them to safety. You can have fun, the most important aspect is to listen to your child's ideas and suggestions (even if they won't work).</p>

### Feely Box

All you need is a tub/box that you cannot see through, with a hole in the top. You will also need a selection of things to place in a box for children to guess what it is. You will both be engaged in the activity and you could show the worry of how they will react but reassure them at the same time that everything is safe, you are with them and nothing can harm them. This builds up trust and the children can express the hatred of texture or the super soft feeling of bear and even the squeals from touching jelly without being judged, as their opinion means something to you.

### Making a Mess

Create opportunities to do messy things together e.g. foot or hand painting; gloop; making splashy paint patterns on sheets hung outside (provide protective clothing). You can talk about how it feels and what you like and dislike. This is a really great way for adults and children to have fun together and experience the joys of childhood.

### Bridge Building

Using any materials you can find in the house or garden work with your child to build a bridge. You might want to test it out for strength and endurance. Ask them questions such as "Where does it lead to?" or "Who lives underneath it?" The idea is to create a story using the bridge building activity as the focus. The aim is to increase positive communication with each other, discuss and sort out any feelings that come up during this activity e.g. angry, frustration, not being heard or opinion not being valued.

### Treasure Hunts

Hide a range of objects either inside or outside (or both). You could draw a map or give simple clues to help find the objects. Take turns with this and encourage your child to hide objects for you to find too. This activity is great for attachments supporting children to understand that objects stay the same over time.

### Bug Hunt

A bug hunt is a fantastic activity to do with children. This involves taking the child around the garden and exploring and looking for wildlife. By doing this activity, it gives children a chance to engage and explore the world around them in a safe and secure way, perhaps engaging in an activity they have not done before but having a co-adventurer by their side to guide them along the way. It would involve different sensations such as touching the trees, mud etc and if they felt able to, even holding the insect and observing it. The adult shows curiosity demonstrating that it is safe and OK to be interested in the world around us.

### Photography

Take photos of everyday objects, things in nature and anything else you can find but take the photos really close up. Host a quiz to see if the family can identify the item. This activity supports children to be curious and interested in the world and supports their thinking and problem solving skills.