

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.