

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



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 3 to 7 years.

Monday	Something new: Do something you've never done before – perhaps something you've been scared to try?
Tuesday	Activity challenge: How many hop, skips, jumps, catches, balances or movements can you do in a minute?
Wednesday	Relax: Deep-breathe and relax for 10 minutes – lay down and relax into your imagination – where would you go? Play some quiet music if this helps.
Thursday	Teach a game: Think of your favourite game as a child. Teach your child how to play.
Friday	Frozen toy break-out: Choose a container, put some small plastic toys in it, fill with water and freeze it. Once they are frozen, ask your child how could they release them from the ice?
Saturday	Make a sandwich: Make a sandwich with an unusual combination of fillings. For example, peanut butter and ham, sweet and savoury or hot and cold fillings.
Sunday	Rainbow sculpture: Follow the instructions here to help. If you haven't got all of the colours, you can colour in pieces of paper. Display in your window.

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 building confidence, improving mental health and well-being, increasing self-esteem and allowing thinking skills to develop.
- ✓ Remember – children learn hugely through play, especially with an adult they love.