

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



Children love having parents who enjoy playing and having fun with them. This makes children feel important and they really benefit from having some special individual time with parents, if possible, as much as 20 minutes or more each day. Use the following activities and enjoy doing them with your child. Here are some creative activities that you can use with your child, aged 3 to 7 years.

Monday	Don't hold the pillow! Play some music and, as it starts, throw a pillow or a ball to your child. As the music plays, throw it between each other. At random, stop the music and try not to be holding the pillow when it stops. Experiment with slower and faster music.
Tuesday	Make your own playdough Find out how you can make your own play dough together.
Wednesday	Guess the object Take it in turns to close your eyes, and have an object placed in your hands. Can you guess what it is? Is it warm or cold? How does it feel? Can you describe it?
Thursday	Sky story Lie on the grass and look up at the sky together. Can you see different shapes in the clouds? Are they moving? Can you see an object or figure.
Friday	Check your heartbeat Do some activity to make your heartbeat faster. E.g. 15 star jumps, running around the garden or dancing for 5 minutes. Place your hand on your heart. How fast is it beating? Does it change when you take deep breaths?
Saturday	Paint your Face Real or imaginary, paint your child's face. Use cotton wool balls or brushes. Then let them paint yours.
Sunday	Make milk art together Take a bowl and add milk to it. Put in a few drops of different food colours if you have them, and then add liquid soap. Watch them swirl around in various shades.

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!
- ✓ Enjoy relaxing and just being together. Take deep, slow breaths and enjoy being in the moment.