

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

The role of the parent and carer is to support children to find out who they are and what they like to do. With this comes greater independence and responsibility, with children learning that they can still ask for help. We have put together some activities to support healthy social and emotional development through creativity, art and play. Here are some creative activities that you can use with your child, aged 3 to 7 years.

Monday	<p>Create a shared art piece On a giant piece of paper (it could be a big strip of old wallpaper), work on some shared art. Everybody choose a section and start creating some art – whatever you would like to do. After 5 minutes everyone moves round and adds to another part of the paper. This could also be done to your favourite song!</p>
Tuesday	<p>Be an animal Take turns with your child to imagine you are an animal. Move around the room, imitating the animal's movements and the sound it makes.</p>
Wednesday	<p>Create a feelings map for your house Draw a map with all of the rooms in your house on and colour it in. Think about how that room makes you feel - You could put sleepy for your bedroom or safe and snuggly in the lounge.</p>
Thursday	<p>Make a plan for a play date When it is possible to invite your friends over for a play date, what are you going to do on that day? What activities could you do? Is there anything you could make? What could you show them you have made? What food would you have?</p>
Friday	<p>Do the mood walk Create a walk or dance to go with different moods and feelings – get someone to name different feelings and create a walk for that. Just like this video!</p>
Saturday	<p>Create a compliment game Sit together and take it in turns to say something about each other and try and guess who the compliment is for. You could describe how they look or something about their personality (eg. they are kind). Practice receiving a compliment as much as giving.</p>
Sunday	<p>Make some food together This could be creating a fruit salad by everybody putting their favourite fruit into it. Consider a fruit or combination you have never tried before. Help prepare the fruit by peeling the bananas or washing the berries. Enjoy the sharing together!</p>

Top Tips:

- ✓ Be encouraging and patient when your child is doing something for the first time.
- ✓ Notice when they are really interested in an activity and encourage them to do it for as long as possible.
- ✓ Playing alongside/with your child will support them to remain interested and enthusiastic about the game or activity.