

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



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 age 3 to 7.

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| Monday | Create a magic potion from what you can find around the house or garden. |
| Tuesday | Do the 5-star breathing exercise . |
| Wednesday | Make a collage of you! What can you find in the house or garden to make it? Upload your picture to our Facebook page. |
| Thursday | Play the “who am I game”. Stick the name of who you are on your head and let others try and guess! |
| Friday | Make a hideout – is it a castle or a lair? Send us a photo! |
| Saturday | Pick 5 kind things you can do today and carry them out. |
| Sunday | Write a story all together by adding a line each – send us your funny stories. |

Top Tips:

- ✓ Imagination can help manage big feelings for both children and adults
- ✓ It's ok to feel frustrated as the adult when times get hard – take a deep breath and have a cuppa.
- ✓ Remember – it's ok to say no. Learning about boundaries is an important life skill