

Celebrate your child for who they are!



Parents and carers 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. Here are some creative activities that you can use with your child, aged 3 to 7 years.



Piglet:
"how do you spell love?"
Pooh:
"you don't spell it,
you feel it."

Monday	How many shapes can you all make with your body? Can you make a body shape picture on the floor with your family?
Tuesday	Watch the diary of a worm.
Wednesday	Create your own worry worms- you could use pipe cleaners. Pompoms, paper or even spare scraps of fabric if you have them.
Thursday	Visit GoNoodle and learn some yoga moves. What is your favourite yoga move? Can you create a story using yoga movements? Can your family keep the story going with their own yoga moves?
Friday	Create a wooden spoon friend and take them for a walk around your house or garden or when you go for a family walk – where will your wooden spoon go? Can you draw a map to record their journey?
Saturday	Go on a sensory walk around your house or garden. What can you see, hear, smell and feel? Can you write a poem or sensory story?
Sunday	Make a junk model of your superhero! What are they called? What is their superpower?

- ✓ 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

