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

Let's help every child thrive®

Children love having parents who are playful, fun, interested and curious about them. Children enjoy feeling important and special and really benefit from having some individual time with parents.

Here are some creative activities that you can use with your child to support their emotional development at home. Play releases lots of feel good chemicals that help us feel calm, steady and connected. If possible, look to do these activities for as much as 20 minutes or more each day.

Monday	Use a finger to draw a flower on your child's hand; extend this to a guessing game with older children by drawing a shape, number, pattern or creature.
Tuesday	Dance together: perhaps teach your child a dance you did when you were younger. Be willing to learn one from them.
Wednesday	Make a den with cushions, blankets, bed sheets, clothes pegs, pillows – anything soft!
Thursday	Do loud singing then quiet singing, or very active movement then slow movement eg. find your favourite song and create a dance for it.
Friday	Use face paints together eg. favourite animals. After painting, wash each other's hands or wipe the fingers free of substance. Or draw each other's faces – you could even do it with your eyes closed!
Saturday	Set-up a treasure hunt: take it in turns to hide things for each other. Or play hide and seek!
Sunday	Try some gentle yoga moves. Or explore family.gonoodle.com/activities/around-the-town or family.gonoodle.com/activities/melting

Top Tips:

- ✓ Draw up a routine of what you are doing and when.
- ✓ Keep cardboard boxes or clean recycling objects to use for arts later.
- ✓ Don't worry if things go wrong - play can be fun and endings can be difficult.
- ✓ Remember – children learn hugely through play, especially with an adult they love.

© Fronting the Challenge Projects LTD 2020. All Rights Reserved.