

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



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	Family bunting For each member of your family, create a piece of bunting. You could draw them as Superheroes. What is their superpower?
Tuesday	Photo albums Look through photos of yourself as a younger child. How have you changed?
Wednesday	Superhero yoga Build superhero strength and have fun with yoga .
Thursday	Pasta pictures Create a fantasy figure .
Friday	Tell a story As a family, tell a group story where someone starts it off and then everyone adds to it. Is it a true story or an imagined one? Maybe a bit of both...!
Saturday	Lego Yourself! Make a Lego mini version of yourself. What superpowers have you got?
Sunday	Quiz night Guess the Disney Character .

Top Tips:

- ✓ Role modelling as a parent can be a powerful way to show children how we can interact with each other.
- ✓ Imagination can help manage big feelings for both children and adults
- ✓ Remember – it's ok to say no. Learning about boundaries is an important life skill
- ✓ Exercise helps us to stay calm and focussed.