

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



Children love being creative and adventurous especially when adults play alongside them. For children to become emotionally strong and healthy, they need safe challenges and new experiences. Here are some ideas of things you can do at home to support this important learning. Playing outside if possible, improves children's physical and sensory development as well as their imaginations and it's fun! Here are some creative activities that you can use with your child, aged 3 to 7 years.

Monday	Balloon Farm Got any spare birthday balloons in the cupboard? Make a balloon animal farm.
Tuesday	Musical Statues Play some music with everyone in your household, pause the music and everyone has to stay as still as they can be. The person who moves has to sit out but can join in again for the next round.
Wednesday	Vegetable Stamps Find some vegetables, chop them in half and then use them as stamps by dipping them in some paint then stamping them onto paper. Have a go and see what happens, peppers work particularly well!
Thursday	Daisy Chain Find a large area of grass somewhere nearby that you can walk to and make a long daisy chain. The adult can do the tying and the little one can do the finding if you need a sit down!
Friday	No Thumbs! Tape your hand so that you can't move your hand then try to do some everyday things around the house like opening a door or eating something. Nothing too tight, you don't want to hurt them, but you do want to stop that thumb moving!
Saturday	Make your own lollies Make healthy rocket lollies together. All you need are some melons.
Sunday	Scent Trail Go to a nearby wood or park and try to find the smelliest plant that you can. Try to use words like beautiful/ugly, nice/stinky, strong/weak, flowery/spicy, sweet/savoury when describing.

Top Tips:

- ✓ Allow children to play freely while you follow their lead, keep them safe and enjoy the experience alongside them.
- ✓ Encourage your child to be as adventurous and creative as possible, perhaps by role modelling the activity yourself first
- ✓ Physical activity supports children by building confidence, improving mental health and wellbeing, increasing self-esteem and allowing thinking skills to develop.
- ✓ Remember – children learn hugely through play, especially with an adult they love.