

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



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	How many shapes can you all make with your body?
Tuesday	Watch the diary of a worm.
Wednesday	Create your own worry worms.
Thursday	Visit GoNoodle and learn some yoga moves.
Friday	Create an imaginary world in old shoe box – we would love to see them!
Saturday	Go on a sensory walk around your house or garden. What can you see, hear, smell and feel?
Sunday	Make a junk model of your superhero!

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