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.

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Let's help every child thrive

Connection Kit

Connection activities for children up to 7 years old.

Increasing the level of connection with your children will ensure that they are happier and healthier. The early years of a child's life are crucial to their development and future mental health and wellbeing as their brains are shaping and growing.

Texture hunt

Find things you like the feel of around your house. What don't you like? Try it blind folded!

Record the weather

Over the course of a week, how many different weather systems can you see from your window?

Share your day

At bedtime, share something that made you happy during the day. Parents - role model this for your children.

Mud and puddles

Pop on your wellies and enjoy jumping and squelching around. Enjoy it now - warmer, drier days will soon be here.

Create a special greeting

Think of a new way to greet people in your social bubble or on video calls.

Think of others

Draw a bright spring picture and send to your local care home to cheer up the staff and the residents.

Zoom Pictionary!

Connect with loved ones and ask them to guess what you have drawn. Take turns to share your masterpieces.

Feel-good experience

Make a child-friendly face mask!

Say 'thank you'

Make and send a card to your local GP or vaccination centre to say thank you for keeping us safe.

Wave and smile

Sit at your window and wave and smile at all the people you see. How many wave and smile back?

Special meal 'in'

Create a 'restaurant at home'. Get dressed up and pretend you're going out. Takeaway or home-cooked, you choose - enjoy!

Spring walk

Spring is coming! How many signs can you see that this true? Look for bulbs, flowers and buds on trees.

Please note, underlined text are hyperlinks to websites.

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Connection Kit

Connection activities for children up to 11 years old.
Increasing the level of connection with your children will ensure that they are happier and healthier. These activities are designed to help children and young people connect with the past, present and future.

Connect through STEM

Connect with your inner scientist, engineer and mathematician in these exciting STEM activities!

Connect with myself

Keep a 7-day diary of the things that bring you joy.

Connect with the planet

How much does your household reduce, reuse and recycle? Make a plan to help your family do their bit for the planet.

Connect with family

Interview an older relative or family friend about what life was like when they were your age.

Connect to my future

Create a Goals Ladder, breaking down goals you want to achieve in the future.

Connect with friends

Set up a video chat with your friends and play some online games.

Connect with classmates

When online with your classmates, take it in turns to play 'Two Truths and a Lie'.

Connect with nature

Sign up to the RSPB's Wild Challenge.

Connect with the past

It's been a very different year, but what parts have you enjoyed? Write them down so you have a record to look back on.

Connect with animals

Research your local animal shelter and find out how you can provide help e.g. give a donation or help with a sponsored event.

Connect with the environment

How many signs can you see that spring is on its way? Write down or draw what you notice.

Connect with my locality

Connect with your neighbours and community by writing positive messages in chalk on the pavement or making window signs.

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Parents and carers can support and acknowledge children's emerging values and morals and individual ways of doing things. Parents can teach children the significance of rules and regulations and support them to develop their negotiation skills. Children enjoy sharing their options and using their skills.

We have put together some daily activities to support social and emotional development at through the arts, play and creativity.

Monday	Devise an exercise routine using funky moves. We would love to see them; share with us on social media!
Tuesday	Design your own game and play with the people in your house.
Wednesday	Draw a jar and fill it with all the things you appreciate.
Thursday	Do the dog and hippo dance with all your family. Watch it here.
Friday	Sort the recycling from the rubbish and make a junk model with what you can find – send us a photo!
Saturday	Cook something you have never cooked before for everyone for dinner.
Sunday	Play the game 'Beetle' with all the family. Find out how to play here.

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.
- ✓ The emphasis is to be alongside and have fun, even if they do not win the game or things don't quite go to plan.

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