

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



Problem solving and planning can be both challenging and fun. Children learn to develop and try out essential skills best alongside a steady, calm and connected adult. We can use our problem solving skills to help children make sense of their experience and put meaning to it whilst at the same time managing big feelings. Here are some creative activities that you can use with your child, aged 3 to 7 years.

Monday	<p>Guess who Can you and your child name all 25 of these book characters in just 6 minutes?</p>
Tuesday	<p>Design your own school What would it look like and why? You can then build it out of cardboard boxes, empty household resources, construction toys like Lego, virtually on a laptop or draw it.</p>
Wednesday	<p>Park explorer Go for a walk outside (maybe to the park) and play eye-spy. You could even take turns and do every letter of the alphabet for a real challenge.</p>
Thursday	<p>Sort it out! Make a sorting game out of some things that you have at home. It could be some objects that you sort by colour and then by size. Or you could sort things by a category such as fruit or vegetable, rough or smooth, hard or soft.</p>
Friday	<p>Speed bumps Create an obstacle course together. Decide together if you have to go under, over, around or along something. See who can complete it the quickest! How could you make it easier or harder?</p>
Saturday	<p>Games day Discuss your favourite game and why you like it. Maybe it's one of these Jenga, Jigsaws, Connect 4, Guess Who, Twister, Checkers, Battleships!</p>
Sunday	<p>Make a musical instrument Play your own mini banjo! All you really need is some elastic bands (or ideally loom bands), a lollipop stick and a jar lid.</p>

Top Tips:

- ✓ When you feel wobbly, doing some sorting or tidying can help you feel calmer.
- ✓ Understanding and following rules are big skills for young children – playing games helps them to get better at this.
- ✓ 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.