

Celebrate your child for who they are!

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. These activities will help to support healthy social and emotional development through creativity, art and play.



Monday	Create a magic potion from what you can find around the house or garden and mix it together. Close your eyes and make a wish each as you stir. .
Tuesday	Do the 5-star breathing exercise .
Wednesday	Make a collage of you or you and your family! What can you find in the house or garden to make it? Send a photograph to your teachers.
Thursday	Play the "who am I game". Stick the name of who you are on your head and let others try and guess!
Friday	Make a hideout and dress up to play – will you build a castle or a lair? Gather your favourite teddies and have your lunch in your hideout.
Saturday	Have a kindness day. Pick 5 kind things you can do today. Write them down or draw them and put them in a bowl. Pick one out each hour and carry it out.
Sunday	Write or tell a story all together by adding a line each – make it as funny or adventurous as you can. Record your story and listen to it altogether.

- ✓ 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, have five minutes and a cup of tea.
- ✓ Remember – it's ok to say no or we can do that later. Learning about boundaries and waiting are important life skills

