

Celebrate your child for who they are.

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.



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 – and snuggle.
Thursday	Do loud singing then quiet singing, or very active movement then slow movement. 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:

- ✓ 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 allowing thinking skills to develop.