

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



Children love having an adult to play alongside them. Notice how your child approaches a new activity and use this information to ensure the activity is safe. Show them how to do it first if they are a little bit hesitant to join in to help them become more confident. Here are some creative activities that you can use with your child, aged 3 to 7 years.

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| Monday | Make a balloon pet Blow up a balloon. Draw a pet face on the front. Cut and tie the leash on. Make paper ears and a streamer for the tail, then stick them on with tape. Why not take it for a walk! |
| Tuesday | Sweet or savoury? Decorate biscuits or crackers - make happy faces using sweets, fresh or dried fruit, cheese, ham, crisps etc. Let your imagination go wild!. |
| Wednesday | Lego challenge Build a marble run or a maze for a Lego man. Try it out! Does it work? Ask a family member to see if they can find the way out. |
| Thursday | Hand Clapping games A feel good activity – how many can you remember from your childhood? |
| Friday | Simon Says Take turns. Be as adventurous and energetic as possible. Don't make it competitive – just have fun! |
| Saturday | Bouncy ball play Have fun and develop motor skills. |
| Sunday | Jigsaw puzzle Share a puzzle together. You don't need to finish it in one session – come back to it and make it a family activity/challenge. |

Top Tips:

- ✓ Be encouraging and patient when your child is doing something for the first time.
- ✓ Notice when they are really interested in an activity and encourage them to do it for as long as possible.
- ✓ Playing alongside/with your child will support them to remain interested and enthusiastic about the game or activity.