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

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. We have put together some activities to support healthy social and emotional development through creativity, art and play. Here are some creative activities that you can use with your child, aged 3 to 7 years.

Monday	**Kim's Game** Choose 10 items. Talk about them then cover them with a cloth. How many can you remember?
Tuesday	**Make a bird feeder.** Follow the instructions and record which birds come to visit.
Wednesday	**Spot the difference** Can you find all the differences?
Thursday	**Limbo Challenge** Using 2 chairs and a broom, create a limbo challenge with your family. How low can you go? Who do you think will be the winner?
Friday	**Leaf Treasure Hunt.** How many of these leaves can you find?
Saturday	**Lego Ramp** Use cardboard or paper to create a ramp for a Lego car. How far can you make it fly?
Sunday	**Quiz time!** Guess the animal sound.

Top Tips:

- ✓ When you feel wobbly, making a list or writing things down can help you feel steady again.
- ✓ 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.
- ✓ Being able to problem solve is an important life skill.

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