

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



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	Do an online quiz of your choice, you could even compete with other members of your family.
Tuesday	Plan, design and build your ideal house. • How many rooms would it have, who would live there? • What would be your house rules? You could build it out of boxes, cardboard, empty household resources, Lego, virtually on a laptop or draw it.
Wednesday	Dreaming that we are in/at... 1. Someone chooses an imaginary place to go to (for example a school) but keeps it secret. 2. Players then suggest things to bring and have to guess where it is they are. So "tent" would be wrong – no tents in school. But a "notebook" is right. 3. Winner gets to choose the next 'dream' destination and maybe choose a forfeit for the loser. You could play this over skype with your friends!
Thursday	I'm Being Silly! 1. The adult starts off with a simple story and your child has to stop you when you have to said something silly. For example: <i>Johnny was a four-year-old boy on his way to school. As he left, he grabbed his car keys and buckled himself into the driver's seat.</i> 2. If they don't stop you, you keep going. 3. Make the story as easy or as tricky as you like. 4. Swap over! Choose a fun, safe and agreed way to stop the story when you hear the silly.
Friday	Pick your favourite song and create your own dance routine to it. Teach your dance to your family or to friends over skype. Or Have a go at Zumba!
Saturday	Games Day Get out your favourite boardgames and have a tournament!
Sunday	Create and make your own mud kitchen in the garden. • What could you make in your mud kitchen? • What would be your menu? Or plan and create your own garden of dreams!

Top Tips:

- ✓ Choose games with simple, easy to follow rules, you could even agree to take some rules away or add your own!