

Family Fun!

Ideas to support learning, play and well-being



Masking tape art
Now that the weather is getting nice, take art outside with this simple idea. Create some geometric art using masking tape. Use the tape to create a pattern on the ground- it can be as simple or as detailed as you like. Now fill in the spaces between the tape lines using coloured chalks. Carefully peel off the making tape to reveal your design!



Journaling

Journaling can be a great way for children and adults to express themselves and the act of writing itself can help ease anxiety. There are no rules to journaling- you can use drawing, writing and collage to express how you are feeling!



Storytelling

Make up stories and tell them to your child. Children who hear lots of stories have richer vocabularies. Storytelling is also a way of talking about our feelings. Listening to and discussing stories helps children learn and build their emotional vocabulary. Encourage them to make up their own stories too!



Measuring

Children learn best through hands-on experiences. Encourage your child to use equipment like rulers and measuring tapes. Let them use them to measure items around all the house!

Estimating

Encourage your child to have a go at guessing what they think an item measures. They could check how accurate their estimate is by measuring the item afterwards. By how many centimetres was their estimate out? Use this idea as a game between two people- whoever has the closest estimate is the winner!