

# Family Fun!

Ideas to support learning, play and well-being

## How many words

Develop your child's reading, spelling and writing skills. Give them a word on a piece of paper and ask them to make as many new words they can from it. At first use words at your child's level, then as they get more confident use longer and more complex words.



## Managing emotions

We all experience different emotions in our every day lives. This is part of being a healthy person. However, some emotions can be difficult to manage and so it is important to recognise these feelings and talk about them. Talking about our feelings makes us feel better and more balanced.

## Cereal box art

Most people have a cereal box in the cupboard, don't throw it away, use it for art. Give it to your child with pens, paint, paper, anything you have at home to decorate and help them to make something to play with, something useful or just something to look at. Arts and crafts support positive mental health. Use the opportunity to talk to your child about how they are feeling.



## Enjoy the outdoors

Now the weather is improving try and up your family activity levels. Go for a walk through the boroughs parks, at the moment they are filled with beautiful spring flowers. Being around nature has a positive effect on mental health, increasing happiness and reducing stress.