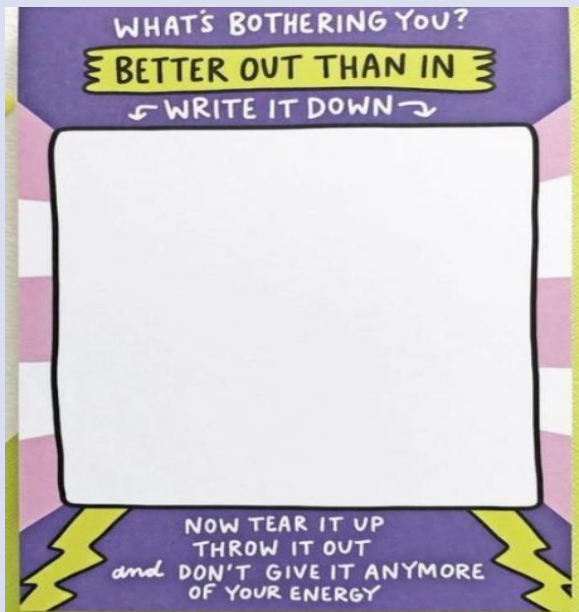
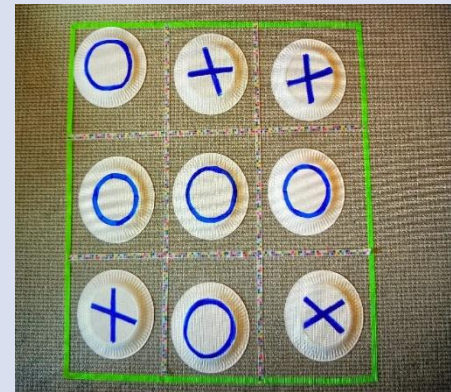


Family Fun

Ideas to support learning, play and well-being

Homemade games

Use paper plates as large noughts and crosses pieces to play 3 in a row, it's easy to make a grid on the floor using masking tape or Sellotape. Then let the games begin! Playing games develop a great many skills in children; problem solving skills, social skills (taking turns, winning and losing gracefully), memory skills and many more

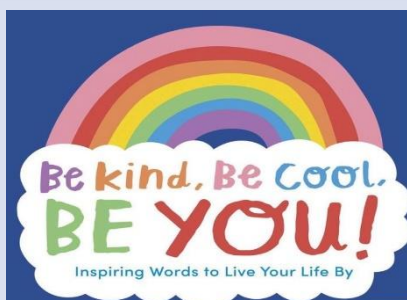


Worry pages

The process of writing or drawing your worries can help children let the worry go by getting it out of their mind. Make a worry page to help children deal with their everyday anxieties by encouraging them to draw or write their worries down. Talk to them about how they are feeling and reassure them by listening to them in an attentive and non-judgemental way. Remember, your child may not need a solution just empathy and understanding.

Egg carton art

Use empty egg cartons to encourage children's creativity. Cartoon can be used to make so many things, wall art, things to play with or as pots to grow seeds in. Once the art is made it can be painted, collaged, or just left plain.



Building Self esteem

Help your child make a poster to inspire well being. You can look up inspirational quotes or make them up yourselves. Then discuss what they mean to your child. Make sure you put them on display