

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

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 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	First day back: Draw or write what your first day back at school is going to look like – you could talk about it with an adult or share it with a friend.
Tuesday	Storytime: Ask someone to read a new story or an old favourite with you. Cuddle up on a sofa or under a tree.
Wednesday	Game changers: Think about a game you like playing and change the rules to make it different. Play it! Does it work?
Thursday	Guess who: Can you and your child name these Disney Pixar characters when they were babies?
Friday	Build a slide! Design a way to slide your favourite teddy down the stairs, off the bed or the back of sofa. How could you make it quicker?
Saturday	Write a letter: Draw a picture or write a letter for someone you miss to let them know you're thinking of them.
Sunday	A song you love: Play your favourite song and tell somebody why you love it e.g. the beat, the words or instruments.

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.