

today was
good.
today was
fun.
tomorrow is
another one
- Dr. Seuss

Celebrate your child for who they are!



The role of the parent and carer is to support children to find out who they are and what they like to do. With this comes greater independence and responsibility, with children learning that they can still ask for help.

Monday	Create a shared art piece On a giant piece of paper (it could be a big strip of old wallpaper), work on some shared art. Everybody choose a section and start creating some art – whatever you would like to do. After 5 minutes everyone moves round and adds to another part of the paper. Maybe play some music and sing along as you create.
Tuesday	Be an animal Take turns to imagine you are an animal. Move around the room, imitating the animal's movements and the sound it makes. Can everyone guess what animal you are pretending to be?
Wednesday	Create a feelings map for your house Draw a map with all of the rooms in your house on and colour it in. Think about how that room makes you feel - You could put sleepy for your bedroom or safe and snuggly in the lounge.
Thursday	Make a plan for a play date Soon you might be able to invite a friend to play at your house. When you can, what will you play? What will you eat? Will you make something together? Make a plan and look forward to the special day.
Friday	Do the mood walk Create a walk or dance to go with different moods and feelings – get someone to name different feelings and create a walk for that. Just like this video!
Saturday	Create a compliment game Sit together and take it in turns to say something about each other and try and guess who the compliment is for. You could describe how they look or something about their personality (e.g. they are kind). Practice receiving a compliment as much as giving.
Sunday	Make some food together This could be creating a fruit salad by everybody putting their favourite fruit into it. Consider a fruit or combination you have never tried before. Help prepare the fruit by peeling the bananas or washing the berries. Enjoy the sharing together!

- Be encouraging and patient when your child is doing something for the first time.
- Notice when they are really interested in an activity and encourage them to do it for as long as possible.
- Playing alongside/with your child will support them to remain interested and enthusiastic about the game or activity.