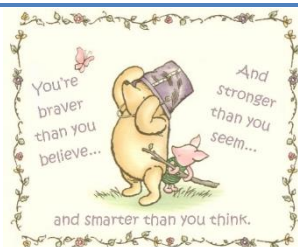


Celebrate your child for who they are!



Children love being creative and adventurous especially when adults play alongside them. For children to become emotionally strong and healthy, they need safe challenges and new experiences. Here are some ideas of things you can do at home to support this important learning. Playing outside if possible, improves children's physical and sensory development as well as their imaginations and it's fun!

Monday	Activity challenge: How many hops, skips, jumps, catches, balances or movements can you do in a minute? Start each day with this challenge and see if you can beat your own record? If you are back at school, try this before each session and see who can do the most in one minute?
Tuesday	Rainbow sculpture: Follow the instructions here to help. If you haven't got all the colours, you can colour in pieces of paper. Display in your window at home or in your classroom if you are back at school.
Wednesday	Relax: Deep-breathe and relax for 10 minutes – lay down and relax into your imagination – where would you go? Play some quiet music if this helps and use your breathing buddy too.
Thursday	Play a game: Play emotion snap. Decide on four emotions – happy, sad, scared and surprised – sit facing each other and after the count of three make a face. Call out snap if the facial expression you can see matches the one on your own face. When you are confident, add more emotions.
Friday	Frozen toy break-out: Choose a container, put some small plastic toys in it, fill with water and freeze it. Once they are frozen, work out how to rescue them.
Saturday	Make a sandwich: Make a sandwich with an unusual combination of fillings. For example, peanut butter and ham, sweet and savoury or hot and cold fillings. Vote for the winner in your family or within your class – what will make a winner? The tastiest? The strangest? The healthiest?
Sunday	Something new: Do something you've never done before – perhaps something you've been scared to try? Talk about / write about what new things you have done at school this week if you have returned and how you felt before, during and after. Write a poem and take it to share with your teacher,

- Allow children to play freely while you follow their lead, keep them safe and enjoy the experience alongside them.
- Encourage your child to be as adventurous and creative as possible, perhaps by role modelling the activity yourself first
- Physical activity supports children by building confidence, improving mental health and well-being, increasing self-esteem and allowing thinking skills to develop.
- Remember – children learn hugely through play, especially with an adult they love.