

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



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! Here are some creative activities that you can use with your child, aged up to 7 years. All the activities can be adapted to use the resources you have available to you.

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| Monday    | <p><a href="#">Make a den</a></p> <ul style="list-style-type: none"> <li>• Look for sticks and branches.</li> <li>• Find logs.</li> <li>• Hunt for interesting things to put in your den.</li> </ul>   |
| Tuesday   | <p>Music festival</p> <ul style="list-style-type: none"> <li>• Form your own band.</li> <li>• Make your own instruments.</li> <li>• Listen to music and dance along with the actions. Here are two videos to watch and dance to: <a href="#">Brain Breaks</a> <a href="#">Action Songs</a></li> </ul>  |
| Wednesday | <p>Junk modelling</p> <ul style="list-style-type: none"> <li>• Use your saved recycling rubbish to explore, create and experiment.</li> <li>• Use glue, sticky tape, string, paint, anything you like and let your imagination go wild!</li> <li>• Download '<a href="#">Junk Materials Challenge Cards</a>' for creative inspiration.</li> </ul>                    |
| Thursday  | <p>Nature treasure hunts</p> <ul style="list-style-type: none"> <li>• Go on a <a href="#">treasure hunt</a> inside or outside the house. Collect anything interesting or unusual. For example, flowers, buttons, leaves and toys.</li> <li>• Bug hunts - how many different ones can you find?</li> </ul>  |
| Friday    | <p>Let's get moving</p> <ul style="list-style-type: none"> <li>• Take part in The Body Coach's daily PE lesson on <a href="#">YouTube</a>.</li> <li>• Create an obstacle course from items around the house, that includes balancing, crawling, stretching, throwing and catching.</li> <li>• Do <a href="#">physical activities</a> in an outdoor space.</li> </ul> |
| Saturday  | <p><a href="#">Cooking</a></p> <ul style="list-style-type: none"> <li>• Share the preparation for a simple meal.</li> <li>• Peel and chop fruit and vegetables.</li> <li>• Make a sandwich with a choice of fillings.</li> <li>• Experiment with different flavours and textures.</li> </ul>   |
| Sunday    | <p><a href="#">Gardening</a></p> <ul style="list-style-type: none"> <li>• Sow some seeds.</li> <li>• Do some weeding or tidy your outdoor space.</li> <li>• Look for bugs!</li> <li>• Water your house plants.</li> </ul>  |

## Top Tips:

- ✓ 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 allowing thinking skills to develop.