

Family Fun!

Ideas to support learning, play and well-being.

Worry Boxes

A 'worry box' acts as a metaphor for things that are making your child anxious. So, a worry box helps to symbolise the idea that these anxious feelings are simply thoughts that we can distance ourselves from. For young children you can explain how the worries are eaten up by the monster.

Find a tissue box and ask your child to decorate it. Then choose a time, perhaps each night before bed, ask your child to write down their worries on a piece of paper.

Have them fold the piece of paper and put it in the box. The next day, take the worries out of the box and see if your child still has these worries. If they do, put them back in the box, if they don't have your child rip up the paper and throw it in the bin.



LIFE SIZE DRAWINGS - AN ACTIVITY THAT WILL KEEP YOU BUSY FOR HOURS

This is such a fun thing to do with kids at home! Stick a load of A4 sheets of paper together (or if you have a big paper roll even better!) and place it on the floor. Encourage the kids to lie down on it and outline their body with a pen. From this moment on there is no way to stop the kids getting creative: colour in, add accessories to the figures like stickers or stamps, design clothes with old material offcuts or other things you might find in the art drawer. The kids will have lots of fun with the real-size copies and you may have something really special to decorate their bedroom wall afterwards.

Make Healthy Eating Fun for Kids!

Decorate your toasts with almost anything! They are instant fun-starters and they make it easy to dress up a snack. When in doubt, turn your snacks into family members. This breakfast just got a makeover by turning them into cute toasts with simple ingredients like bananas, strawberries, & raspberries.



Mindful Posing- the Superman

Simple mindfulness activities can help improve mental health and well-being. One easy way for children to practice mindfulness is through body poses. Have the kids go somewhere that is quiet and free from distractions. This pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.