

Family Fun!

Ideas to support learning, play and well-being

Nature Art

Ask your child to collect natural items such as (but not exclusively) leaves, petals, twigs, pebbles, small branches of greenery, and anything else they fancy. Next, encourage your child to place items in a pile and arrange them in pictures and patterns. There are no rules anything goes!



Fun Counting Aids

Using physical objects to aid counting is very helpful for young learners. Use everyday objects found in the home to encourage your child to practice addition and subtraction. They can also practice sharing out the objects into groups which will help them to understand division and multiplication. Using objects of different size and colour can build on your child's sorting and pattern making skills.

Starfish breaths

Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside thumb while taking a deep breath in, go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished switch hands and repeat.



Run the Daily Mile

Is your child struggling with their concentration levels or feeling tired and sleepy during the day? A 15-minute run or jog around your local area can have many benefits including increased energy levels and mental alertness. Regular physical activity such as the Daily Mile has been proven to have a positive effect on mental health, increasing happiness and reducing stress.