

Family Fun!

Ideas to support learning, play and well-being

Rock Painting

With the weather improving, why not take your child outdoors for some rock hunting fun! Collect rocks of different shapes and sizes. Bring them home, clean with soapy water and let them dry out in the sun. Next, paint and decorate. Acrylic paint or brush pens are the most popular choice for painting rocks. For an added shine effect why not brush over with some varnish.



The *What If* Challenge

This challenge will help your child think deeply about a topic in a creative and thoughtful way. First, write down a few 'what if' questions on a piece of paper. With older children encourage them to write the questions themselves. Try to make them as silly or as humorous as possible. An example would be 'what if your pet dog could talk?' or 'what if everyone in the world could fly?' Next, each family member picks a 'what if' question out of a hat and either talks or writes about the topic for a set amount of time.

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.



Make Healthy Eating Fun for Kids!

Make homemade googly eyes to pop on almost anything! They are instant fun-starters and they make it easy to dress up a snack. When in doubt, turn your snacks into animals. This breakfast just got a makeover by turning them into cute woodland animal toasts with simple ingredients like fruit, sliced almonds, and cereal.