

Celebrate your child  
for who they are!



Being with adults we feel safe and secure with are the foundations for learning. Use this time to optimise connectivity and laughter to ready your children for returning to school when the time comes.

Monday	<p><b>Monday Memories</b> Create a poster of all your favourite things/people you are missing. For example, collect objects, photos, anything that reminds you and save them. Decorate it however feels good for you and display it on your home.</p>
Tuesday	<p><b>The sky's the limit</b> Explore the sky, lie on the ground and see how many shapes or animals you can see in the clouds. You could even take pictures and make them out of cotton wool and stick them on paper.</p>
Wednesday	<p><b>Movie Time</b> Choose your favourite movie and sit down together to watch it as a family. Wrap up in your favourite blanket, with your favourite drinks, snacks, teddy. Make a plan so that everyone in your family gets to watch their favourite movie.</p>
Thursday	<p><b>Face Mask Thursday</b> Create your own <a href="#">paper face masks</a> together. You could do emotions of how you feel right now, animals, family members, friends, your favourite character.</p>
Friday	<p><b>Pizza!</b> Make and eat together your favourite pizza. Go wild with your ingredients. Try out what the food feels like and tastes like. You could even try a <a href="#">chocolate pizza</a>.</p>
Saturday	<p><b>Hairdressers</b> Create your own hair salon and do each other's hair! Take photos and see who can be the most creative.</p>
Sunday	<p><b>Bear Breath.</b> Practice as a family your <a href="#">bear breath</a>. Bear breaths help you feel calm and steady when things get tricky. You can use them at any time!</p>

- You don't need to have an outcome in your play, being in the moment provides all those feel good chemicals!
- It is ok to miss the people you love and can't see. Memory boxes can help with those big feelings and help us feel connected even though we can't be with them.
- Trying new food can be scary. It can sometimes help to see what it looks like, feels like and tastes like (If it's safe) before its cooked.