

Celebrate your child  
for who they are!



Problem solving and planning can be both challenging and fun. Children learn to develop and try out essential skills best alongside a steady, calm and connected adult. We can use our problem solving skills to help children make sense of their experience and put meaning to it whilst at the same time managing big feelings

Monday	Play guess who. Can you and your child name all 25 of <a href="#">these book characters</a> in just 6 minutes? Make your own guess who game of your favourite characters and see who can name the most?
Tuesday	Can you design your ideal school? What would it look like and why? You could try to build it out of cardboard boxes and other recycling materials or construction toys like Lego or maybe build a virtual school on a computer.
Wednesday	Be a park or beach explorer - go for a walk outside (maybe to the park or the beach) and play eye-spy. You could even take turns and do every letter of the alphabet for a real challenge.
Thursday	Be a game inventor - make a sorting game out of some things that you have at home. It could be some objects that you sort by colour and then by size. Or you could sort things by a category such as fruit or vegetable, rough or smooth, hard or soft. Can someone work out your categories?
Friday	Create an obstacle course together. Decide together if you have to go under, over, around or along something. See who can complete it the quickest! How could you make it easier or harder? Who will be the champion?
Saturday	Have a games morning or afternoon - maybe play Jenga, Jigsaws, Connect 4, Guess Who, Twister, Checkers, Battleships.... Have you got a favourite game? Why is it your favourite? Can you describe your favourite game without using the title and see if your family can guess what you have decided is your favourite?
Sunday	<a href="#">Play your own mini banjo!</a> All you really need is some elastic bands or loom bands, a lollipop stick and a jar lid to make an instrument. Can you make a band and play your lockdown song from previous weeks?

### Top Tips:

- When you feel wobbly, doing some sorting or tidying can help you feel calmer.
- Understanding and following rules are big skills for young children – playing games helps them to get better at this.
- It's ok to feel frustrated as the adult when times get hard – take a deep breath and have a favourite snack.
- Remember – it's ok to say no. Learning about boundaries is an important life skill.