

Celebrate your child for who they are!



You can support and acknowledge children’s emerging values and morals and individual ways of doing things. Parents can teach children the significance of rules and regulations and support them to develop their negotiation skills. Children enjoy sharing their options and using their skills. These activities support social and emotional development through the arts, play and creativity.



Monday	Create a picture of your safe space using anything you can find or make a perfect place in your home – maybe using pillows, blankets and things that are special to you.
Tuesday	Using only a newspaper and tape, see what you can create – could be a boat, a collage or if you are feeling brave have ago with papier-mâché and make your face. Ask a grown up to take a photograph and share with teachers at school.
Wednesday	Pretend you are on Goggle-box – watch and critique a programme with your family. You could even record your review and share it.
Thursday	Do some star breathing exercises or yoga together.
Friday	Take your pencil for a walk on a piece of paper and then see what you can make out of your doodles. Use colouring pencils or pens and make a rainbow picture to put in your window.
Saturday	Make a picture or write a poem of all the things you are grateful for and read /share with each other before you go to bed.
Sunday	Stay up late and look at the stars – what can you see? There are mobile phone apps that will tell you what each constellation is. Name a star after your family and see if you can spot it another night too?

Top Tips:

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- ✓ Draw up a routine of what you are doing and when.
- ✓ Keep cardboard boxes or clean recycling objects to use for arts later.

The emphasis is to be alongside and have fun, even if they do not win the game or things don’t quite go to plan.

