



Celebrate your child for who they are!



A role of the parent and carer is to support children to find out who they are and what they like to do. With this comes greater independence and responsibility, with children learning that they can still ask for help. These activities will support healthy social and emotional development through creativity, art and play.

Monday	<p>Family bunting For each member of your family, create a piece of bunting. You could draw them as Superheroes or animals. What is their superpower? Display in your house.</p>
Tuesday	<p>Photo albums Look through photos of yourself as a younger child. How have you changed? Can you find other photographs of your family when they were younger? Are there similarities?</p>
Wednesday	<p>Superhero yoga Build superhero strength and have fun with yoga.</p>
Thursday	<p>Pasta pictures Create a fantasy figure or wildlife picture. You could also make a pasta necklace or headband with a repeating pattern.</p>
Friday	<p>Make a happy song. As a family, make a song about the things that make you happy. Add a line each and sing it together. Sing it in the car or when you're getting ready to go out. You can only be happy when you are singing your happy song!</p>
Saturday	<p>Lego Yourself! Make a Lego mini version of yourself and your family to go with your bunting. Create a mini story and use your Lego characters.</p>
Sunday	<p>Quiz night Guess the Disney Character. How many will you get right? Can you draw outlines of your favourite characters and see if someone can complete your quiz?</p>

- Role modelling as a parent can be a powerful way to show children how we can interact with each other.
- Imagination can help manage big feelings for both children and adults
- Remember – it's ok to say no. Learning about boundaries is an important life skill.
- Exercise helps us to stay calm and focussed.