

Week 7

Weekly Activity Ideas for You and Your Children



It may seem like you are “just playing,” but focusing your attention on your child while playing, or making, or reading, means that you are building the relationship you have with your child. We do this to help keep connected, to show that you want to hear what they have to say, to let them know you will make time for them. Phones can be a distraction, so putting them down while you interact with your child helps your child feel valued, and it leads by example.

Outdoor Activities

PICNIC – Take a picnic rug or blanket and put it outside for a meal. While you are enjoying your lunch, take a minute to notice your surroundings using each of your 5 senses. What can you smell/see/hear/taste/feel? This is a mindful activity you can use anywhere and anytime!



FITNESS WORKOUT - As adults, I’m sure you have seen all the online workouts going around to keep you fit. Let’s put a twist on this, and have your child be in charge for you and the children to complete a workout of their choice!

Indoor Activities

MUSIC, SINGING, AND DANCING – Did you know that songs can work in assisting in transitions from stressful times? The rhythm and repetition of the music helps to create healthy pathways in the brain. This can help with the child in feeling safe and secure. Body movement through dance is a helpful way to transform mind and body from a negative to positive state.

LETTER WRITING – Write a letter to a loved one you haven’t been able to see during this time. Sometimes children struggle to find what to say so you can prompt them with ideas. For example, what do you love about them? What do you miss about the person? What has the child been busy doing? Send it and ask the receiver to send one back this can be exciting for a child! If you are unable to send through the post, take a photo of the letter and send to them via email/text.



Movies for the family

Small Foot

Shark Tale

Spy Kids

