

# Wellbeing Activities

Week Beginning: 20.4.2020



The important thing with each of these activities is that you focus on your child and you all have fun together.

Monday	Rainbow treasure hunt: take it in turns to find an item for each colour in the rainbow and make a pattern, take a picture and send it to the Thrive email address so we can share your work. Email – <a href="mailto:ILM.Thrive@e-act.org.uk">ILM.Thrive@e-act.org.uk</a>
Tuesday	Play charades – choose a feelings theme e.g. angry, excited, sad, nervous etc. Act it out. Can you guess the word?
Wednesday	Write a poem about this time at home. Don't forget to send it to Mrs Peters and Miss Potter at <a href="mailto:ilm.thrive@e-act.org.uk">ilm.thrive@e-act.org.uk</a> so we can display them in our Thrive room.
Thursday	Play guess the object – put a small object in a sock and ask a family member to guess what it is.
Friday	Do some spring time finger painting. Send us pictures of your art work to display in Thrive.
Saturday	Go on a bug hunt in the garden. Write down how many creatures you find.
Sunday	Draw a family puzzle. Cut a piece of paper up and give each member of your family some pieces, draw your own pictures and stick it back together.

