

# Wellbeing Activities

Week Beginning: 6 April 2020



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

Monday	Set-up a treasure hunt: take it in turns to hide things for each other. Or play hide and seek!
Tuesday	Play charades – choose a theme e.g. books, film, jobs, things around the house. Take it in turns to think of a word and act it out. Can you guess the word?
Wednesday	Draw round each other's hands and then write something positive about the person's hand you have drawn round.
Thursday	Play pass the blob – put a small blob of body lotion on finger, pass the blob between each other, counting how many times it can be passed before it disappears.
Friday	Use a finger to draw a flower on your child's hand; extend this to a guessing game with older children by drawing a shape, number, pattern or creature and they need to guess what it is.
Saturday	Make a den with cushions, blankets, bed sheets, clothes pegs, pillows – anything soft!
Sunday	Design your own game and play with the people in your house.

