

Family Fun!

Ideas to support learning, play and well-being.

Worry Boxes

A 'worry box' acts as a metaphor for things that are making your child anxious. So, a worry box helps to symbolise the idea that these anxious feelings are simply thoughts that we can distance ourselves from. For young children you can explain how the worries are eaten up by the monster.

Find a tissue box and ask your child to decorate it. Then choose a time, perhaps each night before bed, ask your child to write down their worries on a piece of paper. Have them fold the piece of paper and put it in the box. The next day, take the worries out of the box and see if your child still has these worries. If they do, put them back in the box, if they don't have your child rip up the paper and throw it in the bin.



Cooking and Baking

Cooking forces you to pay attention to the job at hand and bring the mind to the present. It encourages children to slow down, enjoy the sensations of taste, touch and smell. The repetitive motions of mixing, chopping and stirring and can be meditative and therapeutic, therefore providing time to push out worries and other distractions and focus on something pleasurable. Why not start with no-cook recipes to get children motivated and interested in cooking. Here are some banana lollies made with hundreds and thousands and strawberries.

Yoga for Kids

The tree is kind to the world, animals and to humans. The tree pose reminds children that we should be kind to the environment and to others. This pose is great for balancing and improving concentration. Ask your child to hold the tree pose and promote quiet time. Quiet the mind and imagine being a tree. Tell your child to imagine their foot being the root, growing deep into the Earth.



Painting Tree Bark

Being outside can help our children and ourselves feel calmer, healthier and kinder. Interacting with nature can boost children's mental health by reducing stress and anxiety.

Collect tree bark when you go on a nature walk with your child. Ask your child to choose some paint colours and drip the paint over the tree bark. Pour the excess paint off. Let the artwork dry for days (inside or outside) depending on the weather situation. Display or hang as a decorative item.

