

Thrive activity ideas to try at home



Special object: As a family, each find an object or possession in your home that is special to you and think about what makes it important to you. Share and talk together.

Be an animal: Take turns with your child to imagine you are an animal. Move around the room, imitating the animal's movements and the sound it makes.

Games day: Discuss your favourite game and why you like it. Maybe it's one of these: Jenga, Jigsaws, Connect 4, Guess Who, Twister, Checkers, Battleships! Take time to play your favourite games together.



Tense and release: Starting at your toes and working your way up your body, through your feet, legs, tummy, shoulders, arms, fingers and face, gently squeezing your muscles one-by-one for 5 seconds, and then gently releasing.

Sensory play: Use what you have in the house to make a sensory tray to explore how it feels, smells, what it looks like and how it makes you feel, you can even make faces in it to explore different emotions. You could use items such as shaving foam, pasta, sand, soil, lentils, playdough or flour.



Junk modelling with recyclable material: Instead of throwing them away, you can recycle different items and make some fascinating creations with them. The best objects for this activity are plastic bottles, rolls of kitchen paper, egg cartons, cereal boxes, among other things.

Activity challenge: How many hop, skips, jumps, catches, balances or movements can you do in a minute? Place your hand on your heart, how fast is it beating? Does it change when you take deep breaths?

Park explorer: Go for a walk outside and play eye-spy. You could even take turns and do every letter of the alphabet for a real challenge

Make a face: Go outside and make faces together, showing different emotions out of what you can find in nature. This could be leaves, pebbles, twigs, flowers. Can you guess which emotion you have each made – is it happy, sad, angry, surprised, worried?



Tell a story: As a family, tell a group story where someone starts it off by saying a sentence and then everyone adds to it. Is it a true story or an imagined one? Maybe a bit of both...!

Shadow puppets show: Make shadow puppets and make a story to share with your family. The story could be scary, relaxing or exciting.

Bubbles: Take it in turns to blow and pop bubbles. Let some bubbles float off and imagine where they are going and what this place would look and feel like.



Treasure hunts: Set challenges to find different objects around the house or in the garden – who can find something that you wear, something blue, something you can eat? You could hide item around the house and make up some clues as to where they are hidden.

Play the "who am I game": Stick the name of a person or character on a family members head and let them ask questions to try and guess who they are!