Ideas/activities for supporting your children at home

Here are a range of activities and ideas that you can do with your child/children at home to help support them. These activities can be done as a family, parent and child or with siblings and can be adapted to suit any age range. Some of these activities can help with emotional well-being and supporting children to express feelings safely; others can encourage appropriate social skills and learning to share/take turns and be considerate of others.

There are also some mindfulness and calming techniques which can help with anxiety, and regulation.

Activity ideas

Playing games such as Jenga, kerplunk and snakes and ladders.

Baking and decorating cakes/biscuits together.

Play dough/ salt dough.

Mirroring games – funny expressions, movements, clapping, gestures.

Play hide and seek / Treasure hunts / Make dens with cushions, blankets etc.

Listening to music and dancing together/ yoga.

Doing some sort of exercise together e.g. going for a walk/ bike ride.

Make meal times fun by encouraging your child/children to join in and help you to prepare the meal.

Play the 'try not to laugh' game where you sit face to have and make silly faces and your child has to try not to laugh.

Play charades.

Face painting.

Find a quiet cosy place to read stories together.

Mindfulness colouring together.

Listening to calming music/sea/ fish aquariums.