



Family Well-Being Activities

Here are a few simple, fun activities for the whole family to try out. No Internet or computer is needed. The most important thing is having fun even if things don't quite go to plan! Remember children learn hugely through play, especially with an adult they love.

Dance together! Perhaps teach your child a dance you did when you were younger. Be willing to learn one from them too!	Tape a piece of paper to the wall and another to your child's back. Draw onto the paper on their back little by little and get your child to draw on their paper what they think you have drawn. When finished, see how close they were and then swap over!	Create a compliments tree, find some twigs and build a model tree. Cut out some paper leaf shapes, write a nice compliment for each person in your home and hang them on the tree - get everyone to add compliments.	Create a memory box or bag of all your favourite things/people you are missing. For example, collect objects, photos, anything that reminds you and save them. Decorate it however feels good for you.	Explore the sky, lie on the ground and see how many shapes or animals you can see in the clouds. You could even take pictures and make them out of cotton wool and stick them on paper.
Create an imaginary world in an old shoe box - we would love to see them!	Go on a sensory walk around your house or garden. What can you see, hear, smell and feel?	Choose your favourite movie and sit down together to watch it as a family. Wrap up in your favourite blanket, with your favourite drinks, snacks, teddy.	Simon Says Take turns. Be as adventurous and energetic as possible. Don't make it competitive - just have fun!	From the TV show - if you were two deadly 60 animals that merged into one, which two would you be? What would they look like and what would you call it?
Create your own paper face masks together. You could do emotions of how you feel right now, animals, family members, friends, your favourite character, anything!	Jigsaw puzzle. Share a puzzle together. You don't need to finish it in one session - come back to it and make it a family activity/challenge.	Design your own school What would it look like and why? You can then build it out of cardboard boxes, empty household resources, construction toys like Lego, or draw it.	Go for a walk outside (maybe to the park) and play eye-spy. You could even take turns and do every letter of the alphabet for a real challenge.	Make a sorting game out of some things that you have at home. It could be some objects that you sort by colour and then by size. Or you could sort things by a category such as fruit or vegetable, rough or smooth, hard or soft.
Create an obstacle course together. Decide together if you have to go under, over, around or along something. See who can complete it the quickest! How could you make it easier or harder?	Create a shared art piece on a giant piece of paper. Everybody choose a section and create some art - whatever you would like to do. After 5 minutes everyone moves round and adds to another part of the paper. This could also be done to your favourite song!	Draw a map with all of the rooms in your house on and colour it in. Think about how that room makes you feel - you could put sleepy for your bedroom or safe and snuggly in the lounge.	Sit together and take it in turns to say something about each other and try and guess who the compliment is for. You could describe how they look or something about their personality (e.g. they are kind). Practise receiving a compliment as much as giving.	Make some food together This could be creating a fruit salad by everybody putting their favourite fruit into it. Consider a fruit or combination you have never tried before. Help prepare the fruit by peeling the bananas or washing the berries.

Top tip: Keep cardboard boxes or clean recycling objects to use for art at a later date.