

Family Fun!

Ideas to support learning, play and well-being.

Describe a picture in words

The wonderful thing about this activity is that there are so many resources you can use that are lying around the house! Whether it's a photo of family members, a picture in a magazine or a painting on the wall – ask your child to describe it in words. They could even write a story based on the image.



Just Dance!

The brilliant thing about dancing is you don't need any special equipment or even much space. There are loads of ways you can shake it to a beat. You could find a live performance or music video of your favourite song and try to copy the dance routine—if it doesn't have a routine, create your own!



Beat the Clock

This activity will help children to use everyday language to talk about time. Set a timer for a minute (or a half a minute) and count how many actions your child can do in that time, such as star jumps, hops or writing their name.



Healthy Lunch Box Swaps

- Try to cut down on crisps by reducing the number of times you include them in the lunch box and swap for home made popcorn or plain rice cakes instead.
- Cheese can be high in fat and salt so choose stronger - tasting ones – and use less of it- or try reduced fat varieties
- Dried fruit like raisins, sultanas, and dried apricots are not only cheaper than processed fruit bars and snacks but healthier too.

