




Janet Perkins (Play Therapist) parent/child Easter Activities:

- **Make a den outside/inside:**
Fill it with sensory objects (blanket, books, torch, old cushion – scent with lemon or lavender, pen, colouring pencils and paper, soft toys). This is a place for parent and child to enjoy, share memories and talk. It could become a reading den if you and your child enjoy sharing stories.
- **Make a rolling story:**
Fold a piece of paper into 4 or 6 sections. Parent and child take it in turns to create a picture or short sentences story or both. The first box is a drawing of a character, the second box is where is the character, the third box is an enemy or problem, the fourth box is how it's resolved. For older children, add in 'who came to save them'.
- **Positive messages:**
Leave messages around the house for child/parent to find. Messages should be either a thank you note for something that the other has done or praise for something achieved.
- **Set aside 20mins of special play each day. Play can be led by the child and enjoyed together.**
- **Go on a Textures Scavenger Hunt:**
Make a list of objects to find i.e: find something shiny, find something bumpy, smooth, hard... Tick off as you find them.
- **About Me Sentences:**
The About Me prompts can help a child focus on the positive and improve their confidence and self-esteem. It's good for very young children all the way up to pre-teens or young teens.

There are six prompts can be verbalised or written depending on the age of the child:

- **I was really happy when...**
- **Something that my friends like about me is...**

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- **I'm proud of...**
 - **My family was happy when I...**
 - **In school, I'm good at...**
 - **Something that makes me unique is...**

Work through sentence starters with your young child or go over the responses with your older child when they have finished. Remind them of all the things they are good at, the things they have to be proud of, and reasons why they should love themselves.

- **Why I'm Grateful sentences:**

These prompts can help your child realise all the things they have to be grateful for and help children learn about gratitude. Gratitude prompts include:

- **I am grateful for my family because...**
 - **Something good that happened this week...**
 - **I am grateful for my friendship with... because...**
 - **I am grateful for who I am because...**
 - **Something silly that I am grateful for...**
 - **Something else I am grateful for...**
- **Try looking through the following website for other calming and general wellbeing strategies:**
<http://learn.4mentalhealth.com/>