

Take 5 are five simple steps to maintain and improve wellbeing. Here we have created Take 5 ideas for the Pre-school child.



### Connect

- ☆ Encourage your child to draw a picture or write a note to a friend or relative.
- ☆ Build a blanket fort together and have a family picnic inside.
- ☆ Cuddle up with your child and tell them your favourite things about them.
- ☆ Have a family story night with snacks, blankets and your child's favourite books.
- ☆ Play show and tell with your child and encourage them to tell you about their day.



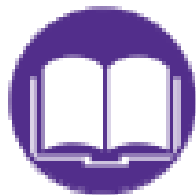
### Be Active

- ☆ Put on music and have a funny dance session in the kitchen, play musical statues or Simon Says.
- ☆ Go outside into nature, play hide and seek, muddy puddles, jumping, running and climbing.
- ☆ Pass a ball back and forth – how many different ways can your child find to pass it?
- ☆ Encourage your child to pretend to be a different animal by moving and making noises.
- ☆ Build an obstacle course which involves your child crawling under tables, jumping over cushions, etc.



### Take Notice

- ☆ Go for a walk with your child and get them to talk about the things they can see, hear, smell and feel.
- ☆ Encourage your child to notice the world around them by playing 'I Spy'. Play when in a queue or outdoors eg in a forest, play with colours eg "I spy something that is red."
- ☆ Sit together before bedtime and talk about the day – how did you feel when things went well or badly?
- ☆ Take a torch and go for a walk in the dark, get your child to point out different sounds, stars etc.
- ☆ Help draw attention to their 5 senses when engaged in activities such as cooking or when outside in nature ie eyes help us see, ears to hear, hands to feel, noses to smell and tongues to taste.



### Keep Learning

- ☆ Give your child plenty of time and space to play, provide toys or allow them to get creative with junk.
- ☆ Provide lots of opportunities for your child to experiment and create. Get your child to paint a picture, experiment with mixing colours or adding sand or glitter for texture.
- ☆ Make bubble mix with washing up liquid and ask questions such as which bubbles float highest and which surfaces makes them pop?
- ☆ Do household chores together – pairing socks, dusting, shopping and setting the table.



### Give

- ☆ Help your child to sort through old toys or clothes and donate those they no longer need.
- ☆ Smile and wave to your neighbours and friends and encourage your child to do the same.
- ☆ Help your child say something nice to a family member or friend.
- ☆ Get your child to make a card or picture for a friend or family member.
- ☆ Encourage your child to help with the recycling and explain why.
- ☆ If you have animals, encourage your child to help with their care such as feeding and playing with them.