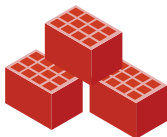


CREATING AT HOME

EASY TIPS FOR PARENTS OF YOUNG CHILDREN

BUILD SOMETHING



You don't have to have blocks at home to build something with your children. You can build anything (of course ensuring your children's safety first), such as a fort using rocks and sticks found outside, towers out of plastic cups or bottles, or a toy house out of discarded cardboard. Building using resources available around you is a fun challenge that encourages creativity and imagination. You can ask them to design their building by drawing it first, then building it and comparing what they drew to what they built.

FIX SOMETHING

Fixing things is a great way for your children to use their critical-thinking and problem-solving skills, while solving a problem around the house. Rather than fixing a problem yourself or for your children, consider asking them to fix it themselves. For example, if a door keeps blowing open, hitting the wall and leaving a dent, the children could work to come up with a solution. This is both helpful to the parents and a fun challenge for the children.



CREATE VISUAL ART

You can create art with your children, often without any complicated or expensive materials. You can use items from around the house or neighborhood, like leaves, nuts, sticks, food packaging, and old newspapers or magazines. Art is a healthy outlet for children to express themselves, while building their creativity, imagination, and motor skills.

CREATE PERFORMANCE ART

Acting in plays develops children's imaginations and is a fun way to keep children occupied. This encourages children to put themselves in the characters' shoes, learn to collaborate with their peers, and get up and moving. You can tell them a story and have them practice the different roles, or ask them to make up their own story. Children love to dress up, and you can help them create costumes with hats, scarves, and blankets and belts.



DANCE AND SING

Ask your children to write a song or make up a dance. Dancing and singing are both excellent creative outlets that can be therapeutic during difficult times. Children can often better express themselves and their feelings using song and dance. In addition to serving as an outlet, these activities require minimum supervision and keep children occupied while having fun.

ENCOURAGE YOUR CHILDREN TO DO ONE OF THESE TODAY!

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