



Play is good for kids, especially during difficult times.

- ★ It's good for their health
- ★ It's good for helping them with their feelings
- ★ It's good for helping them to learn

Kids play in lots of different ways and a balance of these is really good for them.

Active

Moving their bodies.
For example, informal sports, games, running, jumping handstands, chasing and skipping.

Imaginative

Using imagination to create stories, 'Lets Pretend' and to act out roles or characters.

Creative

Making and inventing, using materials and tools to make new things. For example painting, puppets, music making.

Social

Connecting with people through chatting and board games.

Adventure

Climbing, hanging upside down, walking along walls and jumping.

Digital

Using a phone, x-box, computer or ipad. Perhaps agree a time limit and take breaks to do other things.

Sometimes kids need help to play. They might need ideas or materials. They might need someone to be with and to show off to. Or they might need someone to help them out if they find it difficult to play together and to share. Kids might also just want to play with you, especially if they're dealing with big emotions. At other times kids might just need some space and time to play alone.

Being at home as a family can be fun but it can be hard work too, especially if you can't leave the house. If you are finding your kids' behaviour difficult you might find it helpful to remember the following...



Bad behaviour can be the result of kids needing something. Are they hungry? Tired? need attention? Fresh air? Reassurance? Help? To be heard? Soothed?



Kids react to feelings around them. If you're worried or irritable they will pick up on it. Make sure you look after your own feelings first so you can help them with theirs.

Sussed
and
Able