


Time to Connect Creatively!

Here are some simple ways you can connect with your child at home.


Music

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- Take turns creating and copying a body percussion rhythm i.e. clap, stomp, tap legs, make a sound with your voice, click fingers etc
 - Make a playlist of your favourite songs and sing them around the house, in the car, or create a performance
 - Create your own song
 - Use the pots and pans to create rhythm
 - Make a music video together
 - Make your own instruments using cardboard boxes, string, plastic containers

Art

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- Make a nature collage
 - Collect some rocks and paint them
 - Find a range of items/materials in your home to create a collage e.g. buttons, paint, magazine pictures, paper, scrap material, crayons, stickers, party pans etc
 - Make a nature mandala together
 - Build something out of recyclable materials
 - Draw with chalk on the cement/footpath
 - Make jewellery out of foil
 - Create a comic strip together


Drama


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- Act out your favourite story
 - Create a story or play together using the toys/materials you have at home
 - Build a cubby using cushions, blankets and chairs - see what play unfolds
 - Play charades - guess the movie, book, action or song
 - Make puppets (using paper bags, socks or card/paddle pop sticks) - create a puppet show
 - Explore dress ups and bring a character to life
 - Create a short film together and watch it

Movement

- Create a dance together
- Make an obstacle course and complete it
- Blow and catch bubbles together
- Draw pictures or do a 'weather report' on each other's back with your fingers and hands
- Play balloon toss
- Do a nature treasure hunt - what can you find?
- Do some yoga poses together or mirror each other's actions
- Play Simon Says or Follow the Leader

Play

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- Play hide and seek
 - Learn a magic trick and perform it
 - Play with toys, figurines or natural materials you have at home - follow your child's lead
 - Explore messy play i.e. make slime, play with water, make mud cakes, make goo with cornflour and water, play with shaving foam
 - Make scented playdough together
 - Create a board game and play it together
 - Play in the sand - what can you create?



For more information and resources to support children's mental health visit kidsxpress.org.au