

Problem solving and planning can be both challenging and fun. Children learn to develop and try out essential skills best alongside a steady, calm and connected adult. We can use our problem solving skills to help children make sense of their experience and put meaning to it whilst at the same time managing big feelings.



General activities 1

Park explorer

Go for a walk outside (maybe to the park) and play eye-spy. You could even take turns and do every letter of the alphabet for a real challenge.

Sort it out!

Make a sorting game out of some things that you have at home. It could be some objects that you sort by colour and then by size. Or you could sort things by a category such as fruit or vegetable, rough or smooth, hard or soft.

Speed bumps

Create an obstacle course together. Decide together if you have to go under, over, around or along something. See who can complete it the quickest! How could you make it easier or harder?

Design your own school

What would it look like and why? You can then build it out of cardboard boxes, empty household resources, construction toys like Lego, virtually on a laptop or draw it.

Games day

Discuss your favourite game and why you like it. Maybe it's one of these Jenga, Jigsaws, Connect 4, Guess Who, Twister, Checkers, Battleships!

Top Tips:

- ✓ When you feel wobbly, doing some sorting or tidying can help you feel calmer.
- ✓ Understanding and following rules are big skills for young children – playing games helps them to get better at this.
- ✓ It's ok to feel frustrated as the adult when times get hard – take a deep breath and have a cuppa.
- ✓ Remember – it's ok to say no. Learning about boundaries is an important life skill.