

Recovery Kit

Recovery activities for children up to 7 years old.

This recovery kit is designed to support you and your child to reflect and look forward positively. Encouraging them to be resilient and not give up, even when they find something difficult or frustrating will help them grow a stronger brain resulting in healthier and happier children.

How have I changed?

Compare a photo of yourself from a year ago. What can you do now that you couldn't do then?



When I'm older

Share pictures of different occupations. Think about what your dream job is and talk about why.

Develop your skills

Think of something you want to do but find hard. Keep trying. What do you need to be successful?

Spot the difference

What do you notice about your friends that has changed? Are they taller, have they lost a tooth?

Play 'I choose'

What would you choose? Pizza or chips? Hot or cold? Summer or winter? Home or school? Explain your choice.

Map it out

Make a map starting at home and ending at school. What do you see on the way? Draw or record the landmarks in order.



Stars

Cut out 3 stars and write or draw on them something you'd like to do in the future. Hang them up!



Play the Magicians Wish

With your family take turns to wave the magic wand and complete the sentence, 'I wish...' with something about the future!

Look what I can do

How high can you jump? How fast can you run? How still can you be? Compare this with a friend.

Grow something

Plant a seed or observe a flowering plant. Take a photo or draw it weekly. How does it change?

Animal Antics

Think of an animal. Are they:

- Brave or timid?
- Fast or slow?
- Happy being on their own or with others?

Which one is like you?

Self Portrait

Draw a picture of yourself and then write 5 things about you on it. Ask a grown up to help you.

