



Family Team Building Coffee Morning

19th October 2018

Jennifer Chiu – Assistant
Headteacher

- Play is essential to development because it contributes to the cognitive, physical, social, and emotional well-being of children and youth.
- Play also offers an ideal opportunity for parents to engage fully with their children.
- Despite the benefits derived from play for both children and parents, time for free play has been markedly reduced for some children.
- Lifestyle, changes in family structure, and increased attention to academics and enrichment activities at the expense of recess or free child-centered play.





Benefits

- Play allows children to use their creativity while developing their imagination and physical and emotional strength.
- Play allows children to create and explore a world they can master, conquering their fears while practicing adult roles, sometimes in conjunction with other children or adult caregivers
- Ideally, much of play involves adults, but when play is controlled by adults, children acquiesce to adult rules and concerns and lose some of the benefits play offers them, particularly in developing creativity, leadership, and group skills.

Benefits



- When parents observe their children in play or join with them in child-driven play, they are given a unique opportunity to see the world from their child's vantage point as the child navigates a world perfectly created just to fit his or her needs.
- Parents who have the opportunity to glimpse into their children's world learn to communicate more effectively with their children and are given another setting to offer gentle, nurturing guidance.
- Less verbal children may be able to express their views, experiences, and even frustrations through play, allowing their parents an opportunity to gain a fuller understanding of their perspective.

Ideas to support you at home:

- Regular family meetings to discuss concerns / what makes our family happy
- Problem / praise box at home
- Eat regularly as a family at the table; no gadgets.
- Talk about 'favourite part of the day'



Sharing responsibilities

- chores, tidying up toy, washing up, putting clothes away, helping with other siblings





Individual time

- Have special and individual time with each child based on their interests



Set up a specific time/day where you spend time with each other

- Regular family dedicated time; this could be a movie night at home with popcorn and a blanket, a trip to the park etc.



TOWER BUILDING

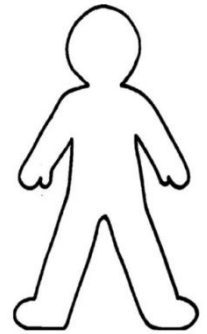
Equipment needed- newspapers, paperclips and cello tape



As a team you must use the cello tape and paperclips to build the tallest tower you can. This can be done in one big groups or a number of smaller ones

CREATE A PERSON

Equipment needed- Extra-large sheets of paper or Wallpaper, colouring pens/pencils and glue and fabric



One person lay's on the floor while the other/others draw around them. The group then fills the outline of the person with whatever they like. You can also give your creation a backstory if you wish.



BALLOON BALANCE

Equipment needed- Balloons and masking tape

Who can keep the balloons in the air for the longest amount of time without stepping out of the masking tape. Add more balloons to increase the difficulty.



MOVE THE CUP

Equipment needed- plastic cups, elastic bands and string

The aim of the game is to build a tower out of the cups, you must work as a team by using what equipment you have without touching the cups with your hands.

PENCIL PICTURE

Equipment needed- Pencils,
string, paper

As a team you must draw a
picture, no one is allowed to
touch the pencil

Free events in London over half term

- Southbank Centre: 22nd-27th October – Live literature book online
- St Paul's Cathedral – free this half term for children book online
- Visit Westminster Abbey Free – 23rd – 25th October 10am -3pm book online
- Francis Crick Institute – older children science related workshops book online

LIST OF HELPFUL WEBSITES WITH GAMES AND RESOURCES

<https://www.todayparent.com/toddler/20-fun-indoor-games/>

https://www.momjunction.com/articles/indoor-games-and-kids-activities-for-this-season_00369105/#gref

<https://www.familyfuntwincities.com/fun-indoor-games-for-kids-of-all-ages-categorized/>

<https://www.activityvillage.co.uk/games>