



# Notes for Parent/Carer Activities Boards

For 6 sided dice



Does your child come to you with 'I'm bored', 'What can I do now?' or 'Will you play with me?' Sometimes there are things happening, and we struggle to structure our children's time as much as they might like us to. These boards are designed for times like this. There are no screen-based activities on here - most children don't need direction to choose those!

They have been divided into three sections chores, active or calm choices. If you have a child who needs to use some energy, choose the 'active' board. 'Calm' choices can be used nearer bedtime, or if you have a child who needs to be brought down a bit. It is up to you how to use the chores board - it can be to earn rewards, one activity a day, or just providing more options for busy children.

Some of these may not be appropriate for your family, you can choose other options - this is just a starting point. As far as possible they are things the child can do independently, although some activities may require supervision for some children. Bare in mind if you are getting 'play with me' requests, you should set aside time, play together and teach your child how to do some of these things. All that is required is a 6-sided dice and you have a good start to having 'fun'.

Choose a board. Encourage your child to roll the dice and pick the matching activity. Work towards this becoming an independent thing your child can do, without your input. You can even make your own together!



# Active Board

Roll your 6 sided dice and choose the matching activity.

1

Boxes



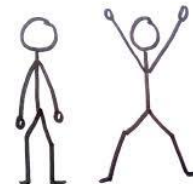
2

Play on bike



3

Star jumps



4

Bear Crawl



5

Bounce



6

Crab crawl



# Calm Board

Roll your 6 sided dice and choose the matching activity.

1

Make emoji faces



2

Play with sensory toys



3

Play with playdough



4

Art



5

Make a game



6

Breathing games



# Chores Board

Roll your 6 sided dice and choose the matching activity.

1



hoover the carpet

2



dust the furniture

3



clean the window

4



water the plants

5



wash the dishes

6



put the toys away



# Active Board

Draw what you would like to choose. Roll your 6 sided dice and choose the matching activity.

1

2

3

4

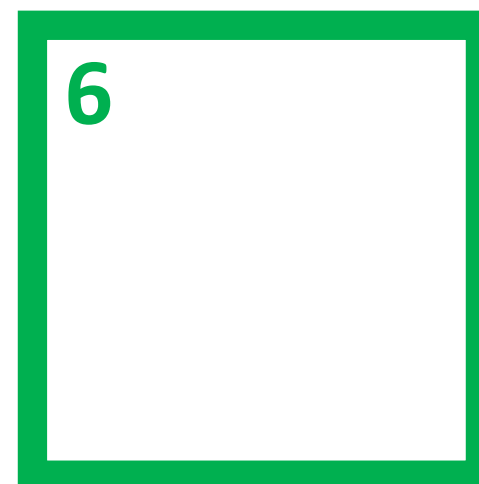
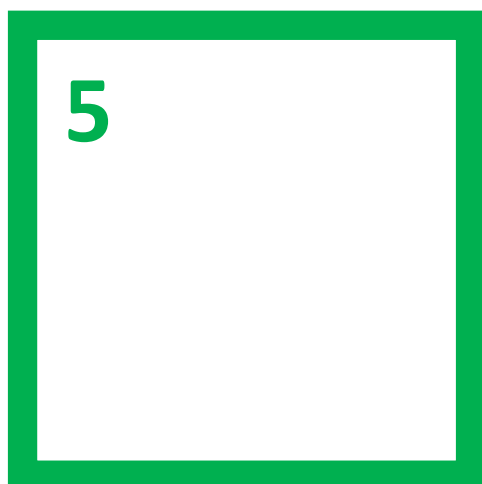
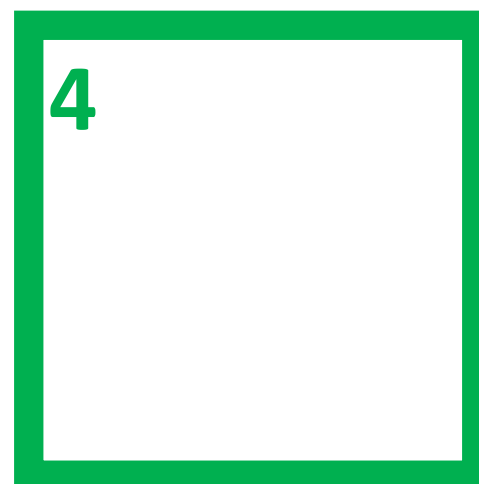
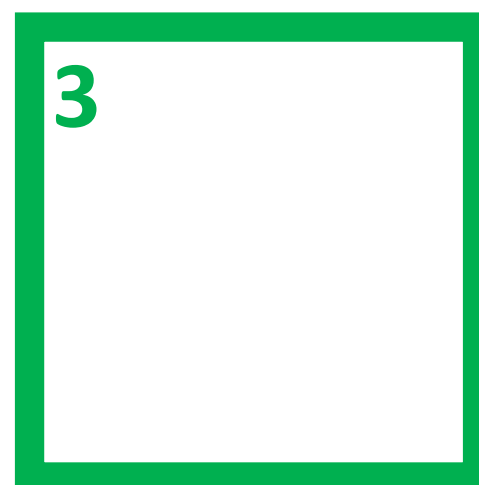
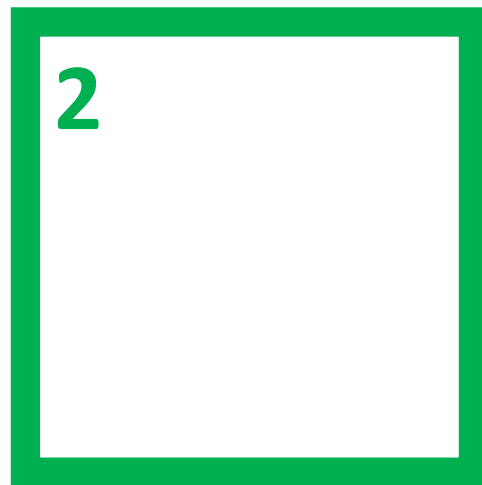
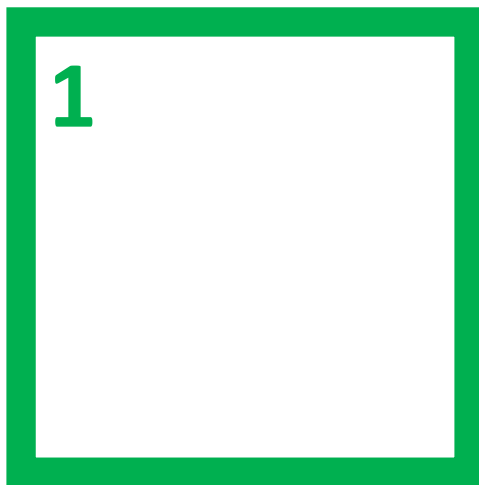
5

6



# Calm Board

Draw what you would like to choose. Roll your 6 sided dice and choose the matching activity.



# Chores Board

Draw what you would like to choose. Roll your 6 sided dice and choose the matching activity.

1

2

3

4

5

6

