**What children need to grow and develop?**

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**Note: -**

This practical activity helps children to understand what children need to grow and develop well.

**Guidance: -**

1. Discuss with the child what children need to grow and develop, keep it very generic and not about them. Below are a few suggestions: -

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| * Food/Nutrition
 | * Warmth
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| * Home
 | * Physical touch
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| * Love
 | * Consistency/stability
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| * Care
 | * Predictability
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| * Freedom
 | * Boundaries
 |
| * Play
 | * Attention
 |
| * Safety
 | * Emotional security
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| * Encouragement
 | * Clean environment
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| * Good roll model
 | * Clean clothes
 |
| * Fun
 |  |

1. Ask them to write their suggestions on the wallpaper in whichever way they choose.
2. Using bricks (possibly Jenga blocks) make a wall.
3. Place the first line of the bricks down and tell the child that this line represents love.
4. Build the wall with the child.
5. Ask the child to push out one brick for every suggestion they have made, the wall will collapse.
6. The ‘love’ row of bricks will remain in place, indicating that love

is not enough.

1. Discuss with the child why the wall collapses. You could discuss why it’s important for a child receives the right care to help them to be able to learn, develop and have a strong sense of self. You could liken it to the foundations of a building and the importance of having strong foundations for a building to remain standing and strong.
2. Build the wall again with a few gaps and talk to the child about ‘Buttresses’ see activity. The ‘Buttress’ activity will help the child understand that there are people around them that will help them repair their wall.

**Resources:**

* Wallpaper
* A variety of pens
* Bricks to build a wall (poss. Jenga)
* Portable printer
* Life Story book
* **Write the important comments the child says on the wallpaper.**
* **Take photos, print them, and stick them into the child’s life story book.**
* **End with a game to reconnect**