



# What makes you happy?

Sharing ideas and emotions in creative ways.

## Skills we will be engaging

- SOCIAL — Talking, listening, sharing experiences.
- EMOTIONAL — Happy, calm, excited, interested.
- COGNITIVE — Building a model to show your ideas.
- CREATIVE — Building from your imagination.
- PHYSICAL — Building with bricks, understanding space.

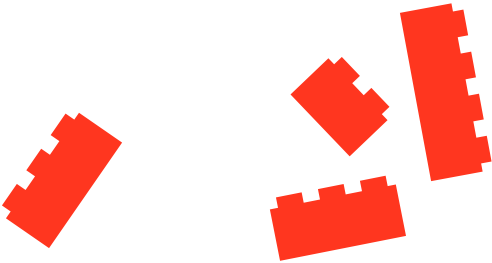
## You will need

- Baseplate
- As many bricks as you like.

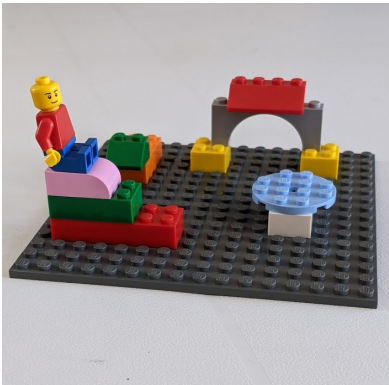


## Getting ready

- Aim for a time of the day that works for your family.
- Read the activity beforehand and get the materials ready.
- Feel free to adapt the activity to meet individual needs (e.g. avoid disliked colours or use a soft surface to reduce brick noise).
- Have a snack and a drink, a movement break and a quick trip to the toilet.



"Being at the playground makes me happy!"



## How to play

- 01 This activity is all about **being creative** with the bricks to re-create something that is important/special/fun to your child.
- 02 Ask your child to “**build something that makes you happy**”.
- 03 **Let your child start to play** with the bricks and see what develops. Watch what they are doing and join in if they are happy for you to do so.

# Ideas to help you join in



## Sit together

Talk to them about what they are building.



## Praise effort

*"Well done! that looked really tricky to build."*



## Watch & comment

*"The slide looks really fun!"*  
*"What else do you like to play on at the park?"*



## Both build your own model

Build alongside your child and talk as you build.



## Offering help

Offer your help to find bricks they need.



## Build together

Work together on the same model, taking turns.



## Go with the flow

If the activity doesn't go exactly to plan, or you do things differently to the way they are described in the instructions, then that's ok. Go with the flow, follow your child's lead and have fun!

## Hints & tips

- Have some **pictures** of your child's favourite things to show them to help spark an idea.
- **Start your own creation** and see if that helps your child to start their own build.
- Re-create a **favourite family memory** using the bricks.
- **Create a story** about the model.

## After you've finished

- **Play** with what you have made.
- **Celebrate!** Tell your child how much you enjoyed it, *"I loved building with you."*
- Tell your child **what you like** about the model, *"The wheels are so cool!"*
- **Ask your child** what they like about the model.
- **Show the model** to someone else.
- Find somewhere to **display** the model or keep it safe.
- **Share** your creations using the hashtag *#playincluded.*

## Including others

- Help the children to come up with a theme together.
- Ask the children to explain to each other what they have built.



## Signs of Success

Check-in with your child and see if they are having fun, you know your child best, and you'll recognise what fun looks like for them. Remember it's about everyone feeling happy and relaxed.