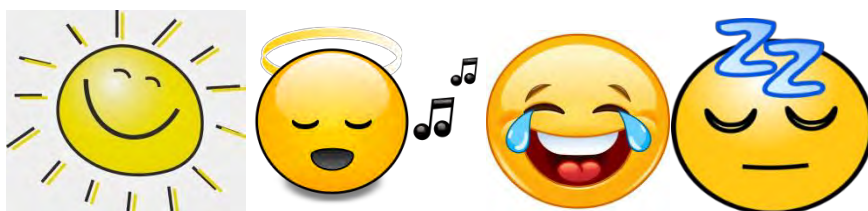


During these unusual times, we are hearing from lots of people about their concerns for their families now, and what the future might hold.



There will be all sorts of emotions including anger, sadness and fear, which the children and the grown-ups will need to express.

For now, we recommend some activities for children of all ages to help them to express happiness and joy as well as to contain difficult feelings. There are some ideas for you to do with your child(ren) on the pages overleaf.



We are a team of professional people working with families in West London
Our therapeutic arts programmes for children of all ages have been running for over 20 years for different groups, in different places and to meet a variety of needs.

Here are some activities for you to do with younger ones



Help children to be curious, to explore and to play

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Here are some ideas for you to do with older children, together,
or with others



**Curiosity,
exploration
and playfulness**

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