

Family Play

Why?

Being able to play with one another & play as a family is very important. As parents we can feel the weight of responsibility, we can be great at bringing tenderness when needed & fierceness when called for but playfulness can go by the way side at times. And when you are living at pace pausing or stopping to be silly and playful is not easy and often feels like a total change in gear!

How?

So, depending on the age of your children, this activity begins with individual reflection. (younger children will need to be guided through this & you can adjust the questions accordingly)

When do you feel most silly & playful?

What things/activities/rituals do you find freeing & allow you to access your inner child?

How much time is needed for these things for yourself daily, weekly monthly?

Come together and share your reflections.

To begin with you will get a clear sense of everyone's sense of silliness & playfulness which is super useful to know and only enhances family wellbeing.

Then, what do your reflections have in common.

Could you create a family ritual for silliness & play?

How will you honour and value this in your home?



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