

Items around Your Home that Build MESH Skills

Looking for something to do today to build mental, emotional, and social health in your child?
Great! Here are some ideas that you can use right now.

With eleven to thirteen year olds:

Build problem solving and perseverance through:

- Set a budget and ask your child to decide on a meal - create the menu and then make a grocery list of what to buy
- Clean their room :)
- Play The Floor is Lava - each participant has to find a way across your home without touching the ground

Build story-telling by:

- Ask your child to tell you about their favorite YouTuber or Instagramer and why they admire that person
- Ask your child to tell you three stories about their day - two that were “highs” and one that was a “low”
- Ask your child to tell you a story about someone who they feel (from a book or the news or their lives) who is misunderstood, and why they think so

Face increasing challenges by:

- Have a contest between you and your child to see who can leave all technology alone for longer
- Play a memory game: place seven items on a tray, covered with a paper towel, take the towel away for five seconds and then cover, see if you can remember all seven items. Play again with nine items, then eleven, etc
- Choose a language you would both like to learn - start a free language learning app and challenge each other to do a bit every day

Draw adults and kids together by:

- Play Gin or Hearts with a deck of cards
- Trade “funniest things you’ve seen online this week” where you each show the other a few of your favorite memes, videos, etc.
- Pick a favor: you each choose something kind to do for the other

