

# 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 seven to ten year olds:

### Build problem solving and perseverance through:

- Searching for lost items around your home (coins, keys, pet toys)
- Folding laundry
- Figuring out a meal to make from leftovers in the fridge

### Build story-telling by:

- Look at a commercial or billboard and ask your child to tell you a story about the person they see there
- Ask your child to tell you three stories about their day - two that were “highs” and one that was a “low”
- Talk about someone they know who got in trouble this week for behaving poorly, ask if your child can think of a good reason for the person to have done what they did

### Face increasing challenges by:

- Have a contest to see who can balance on one foot the longest
- Play a memory game: place 5 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 five items. Play again with seven items, then nine, etc.
- Gather up all the cushions and pillows and cardboard boxes in your home and see how elaborate a fortress your child can build using as many as possible

### Draw adults and kids together by:

- Playing Go Fish with a deck of cards
- Have a Two Minute Talent Show where each of you have ten minutes to create a two minute act of the funniest, or loudest, or most amazing talent act you can each think of and then perform it
- Play a board game together - kids choice

