

## **Creative Arts Therapy ideas for parents**

**Please see below link to therapeutic creative activities for emotional well being. This website is focused on activities that parents/carers can easily do at home to support children to explore psycho-social-emotional subjects through creative activities; also giving parents 'permission' to take time to be playful with their children rather than feeling caught up in the anxiety of the many varying demands on our time at the moment.**

**<https://www.catcorner.co.uk>**