

THRIVING MINDS FOR LEARNING



Thrive activities useful for parents of children up to 10 years old – week eleven

The role of the parent and carer is to support children to find out who they are and what they like to do. With this comes greater independence and responsibility, with children learning that they can still ask for help. We have put together some activities to support healthy social and emotional development through creativity, art and play. Here are some creative activities that you can use with your child, aged up to 10 and beyond.

Monday: Draw your child: Draw around the outline of your child – Write within it the things you love and notice about them.

Tuesday: Special object: As a family, each find an object or possession in your home that is special to you and think about what makes it important to you. Share together.

Wednesday: Make a face: Go outside and make a happy face out of what you can find in nature. This could be leaves, pebbles, twigs, flowers.

Thursday: Card pyramid - can you build a pyramid out of playing cards? Click here to see how <https://www.youtube.com/watch?v=xWDnJt1McT4>

Friday: Social Engagement - important connections such as mutually rewarding relationships. Set up a face to face virtual meeting with friends or family. Share something you have made for each other to show how special they are to you

Saturday: Indoor bowling alley - stack up some plastic cups, plastic bottles or blocks, and create your own bowling alley. Use a ball to roll down and see how many you can knock over.

Sunday: Relax: In a quiet and safe place, remember a happy or special time in the past. Who is with you, and why is it special?

Top Tips:

- Role modelling as a parent can be a really powerful way to show how we can interact with each other.
- It can be really hard to receive a compliment, whether you are an adult or a child. Try saying a simple 'thank you' if it feels uncomfortable.
- Imagination can help manage big feelings for both children and adults.
- Remember – it's ok to say no. Learning about boundaries is an important life skill

Stay Safe - Stay Home - and have fun