



Thriving Minds For Learning
Connecting Children, Families
and Schools

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

Parents and carers can support and acknowledge children's emerging values and morals and individual ways of doing things. Parents can teach children the significance of rules and regulations and support them to develop their negotiation skills. Children enjoy sharing their options and using their skills. We have put together some daily activities to support social and emotional development through the arts, play and creativity. Here are some creative activities that you can use with your child aged up to 10 and beyond.

Monday: Make a bird feeder. Follow the instructions and record which birds come to visit.
<https://www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/resources/fllp/A30-Apple-bird-feeder.pdf>

Tuesday: Put together a time capsule and bury it in the backyard.

Wednesday: Leaf Treasure Hunt. How many of these leaves can you find?

Thursday: Have a clear out, collect your old clothes and toys that you could give away to a charity

Friday: What do you treasure? What things do you own that make you feel warm and happy when you look at them? Make a display of these items and take photos you can look back on later in life.

Saturday: Think of your favourite book or story, and act it out for your family. Would you make a change to the plot? Could you add a funny twist to the story or a shock that your family won't expect?

Sunday: Explore a new sport. Exercise is a great way to keep your mind and body healthy. Explore a sport you are curious about but haven't yet tried then plan a way to learn or try out your new sport.

Top Tips:

- Allow children to play freely while you follow their lead, keep them safe and enjoy the experience alongside them.
- Encourage your child to be as adventurous and creative as possible, perhaps by role modelling the activity yourself first.
- Physical activity supports children by building confidence, improving mental health and wellbeing, increasing self-esteem and allowing thinking skills to develop.
- Remember – children learn hugely through play, especially with an adult they love.

