

# THRIVING MINDS FOR LEARNING



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

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 age up to 10 and beyond.

**Monday:** Create an imaginary world in an old shoe box, use small world figures, pens, paint and anything you can find in your house.

**Tuesday:** Make a junk model of your superhero!

**Wednesday** Plan a meal together, using the ingredients you have in your fridge or cupboards, cook together and serve to the family.

**Thursday** Family quiz time each person has a topic to research and come up with 10 questions each.

**Friday** Make a rainbow for your window and on each colour write what you are looking forward to doing when lockdown is over.

**Saturday** Create a compliments tree, find some twigs and put them in a washed out tin. Cut out some paper leaf shapes, write a nice compliment for each person in your home and hang them on the tree – get everyone to add their compliments

**Sunday** Go on a sensory walk around your house or garden. What can you see, hear, smell and feel?

**Top Tips:** Imagination can help manage big feelings for both children and adults. It's ok to feel frustrated as the adult when times get hard – take a deep breath and have a cuppa. Remember – it's ok to say no. Learning about boundaries is an important life skill

**Stay Safe - Stay Home - and have fun**

