

# 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 a magic potion from what you can find around the house or garden.

**Tuesday** Do a family relay in your garden, you can set an obstacle course and have fun timing each other doing it..

**Wednesday** Make a collage of you and your family (include any pets).What can you find in the house or garden to make it?

**Thursday** Play the “who am I game”. Stick the name of who you are on your head and let others try and guess! It can be people you know, animals, disney characters the list is endless.

**Friday** Make a hideout or a den – is it a castle or a lair you might want to eat lunch inside it ??

**Saturday** Pick 5 kind things you can do today and carry them out - see who in your family notices..

**Sunday** Write a story all together by adding a line each you can do this using art, pictures or on a computer, make it fun and see where it goes.

**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**

