



Thriving Minds For Learning
Connecting Children, Families
and Schools

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

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: Guess the object Take it in turns to close your eyes, and have an object placed in your hands. Can you guess what it is? Is it warm or cold? How does it feel? Can you describe it?

Tuesday: Sky Story Lie on the grass and look up at the sky together. Can you see different shapes in the clouds? Are they moving? Can you see an object or figure

Wednesday: Check your heartbeat Do some activity to make your heartbeat faster. E.g. 15 star jumps, running around the garden or dancing for 5 minutes. Place your hand on your heart. How fast is it beating? Does it change when you take deep breaths?

Thursday: Make your own playdough Find out how you can make your own play dough together. <https://kidsactivitiesblog.com/206/play-dough>

Friday: Escape Go on a virtual adventure, use google to find out what virtual tours you can participate in, here is a virtual dive with sealions to get your started. <https://youtu.be/FkTZsEeD8Ns>

Saturday: Being in the present outdoors-listening. Close your eyes, take a few deep breaths-bring your attention towards what you can hear. Notice: which sounds are most obvious, which are in the background, which come and go, which are constant.

Sunday: Imagine 6 months from now. Draw or write what could look different, what challenges you will have faced and the positive changes you want to make. Focus on possibilities like feeling more confident about new learning, a new interest or building new friendships.

Top Tips:

- Role modelling as a parent can be a powerful way to show children how we can interact with each other.
- 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 Exercise helps us to stay calm and focussed.

