

THRIVING MINDS FOR LEARNING



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

Children love being creative and adventurous especially when adults play alongside them. For children to become emotionally strong and healthy, they need safe challenges and new experiences. Here are some ideas of things you can do at home to support this important learning.

Playing outside if possible, improves children's physical and sensory development as well as their imaginations and it's fun! Here are some creative activities that you can use with your child, aged up to 10 years and beyond. Adults can have fun doing them too; we are never too old to **THRIVE**.

All the activities can be adapted to use the resources you have available to you.

Monday: Make a balloon pet Blow up a balloon. Draw a pet face on the front. Cut and tie the leash on. Make paper ears and a streamer for the tail, then stick them on with tape. Why not take it for a walk!

Tuesday: Sweet or savoury? Decorate biscuits or crackers - make happy faces using sweets, fresh or dried fruit, cheese, ham, crisps etc. Let your imagination go wild!.

Wednesday: Lego challenge Build a marble run or a maze for a Lego man. Try it out! Does it work? Ask a family member to see if they can find the way out.

Thursday: Simon Says Take turns. Be as adventurous and energetic as possible. Don't make it competitive – just have fun!

Friday: V.E. Day Celebrations make some union jack bunting - make a picnic tea together - watch Winston Churchill's speech (3pm) and have a yard/garden/outdoor/indoor celebration of 75 years since the end of World War Two.

Saturday: Create a piece of artwork that shows the support for the heroes supporting our country, display your designs in your window.

Sunday Jigsaw puzzle Share a puzzle together. You don't need to finish it in one session – come back to it and make it a family activity/challenge.

Top Tips:

- Be encouraging and patient when your child is doing something for the first time.
- Notice when they are really interested in an activity and encourage them to do it for as long as possible.
- Playing alongside/with your child will support them to remain interested and enthusiastic about the game or activity

Stay Safe Everyone and have fun