

THRIVING MINDS FOR LEARNING



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

Problem solving and planning can be both challenging and fun. Children learn to develop and try out essential skills best alongside a steady, calm and connected adult. We can use our problem solving skills to help children make sense of their experience and put meaning to it whilst at the same time managing big feelings. Here are some creative activities that you can use with your child age up to 10 and beyond.

Monday: Create a shared art piece: On a giant piece of paper (it could be a big strip of old wallpaper), work on some shared art. Everybody choose a section and start creating some art – whatever you would like to do. After 5 minutes everyone moves round and adds to another part of the paper. This could also be done to your favourite song!

Tuesday: Create a feelings map for your house: Draw a map with all of the rooms in your house on and colour it in. Think about how that room makes you feel - You could put sleepy for your bedroom or safe and snuggly in the lounge.

Wednesday: Make some food together: This could be creating a fruit salad by everybody putting their favourite fruit into it. Consider a fruit or combination you have never tried before. Help prepare the fruit by peeling the bananas or washing the berries. Enjoy the sharing together!

Thursday: Create a compliment game: Sit together and take it in turns to say something about each other and try and guess who the compliment is for. You could describe how they look or something about their personality (eg. they are kind). Practice receiving a compliment as much as giving.

Friday: Pretend you are interviewing somebody famous or a real-life hero (it could be a doctor or nurse) – what would you ask them? Make a list of some questions you would ask them and pretend you are interviewing them on TV. Take it in turns to be the interviewer and interviewee. You could even film it, what a memory this will be in a year from now and beyond!

Saturday: Use different cushions or chairs in a room to represent different points of view on: • Should bedtime be later during lockdown? • Should children have schoolwork to complete

during lockdown? • Should restaurant drive-throughs be reopened? Play at moving around each of them to look at a situation from different perspectives. Make this fun and not too serious.

Sunday: Watch an episode of Horrible Histories. What rules did they have in those times that are different to now? How would you find it living in those times?

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 - Stay Home - and have fun

