

THRIVING MINDS FOR LEARNING



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

Being with adults we feel safe and secure with are the foundations for learning. Use this time to optimise connectivity and laughter to ready your children for returning to school when the time comes. Here are some creative activities that you can use with your children.

Monday: Monday Memories: Create a memory box or bag of all your favourite things/people you are missing. For example, collect objects, photos, anything that reminds you and save them. Decorating it however feels good for you.

Tuesday: The sky's the limit: Explore the sky, lie on the ground and see how many shapes or animals you can see in the clouds. You could even take pictures and make them out of cotton wool and stick them on paper.

Wednesday: Movie Time: Choose your favourite movie and sit down together to watch it as a family. Wrap up in your favourite blanket, with your favourite drinks, snacks and soft toys.

Thursday: Face Mask Thursday: Create your own paper face masks together. You could do emotions of how you feel right now, animals, family members, friends, your favourite character.

Friday: Pizza! Make and eat together your favourite pizza. Go wild with your ingredients. Try out what the food feels like and tastes like. You could even try a chocolate pizza!!

Saturday: Hairdressers: Create your own hair salon and do each other's hair! Grab the hair gel and accessories. I wonder what wacky creations you can do!

Sunday: Sit down as a family and allow the children to make up the rules for the house for 1 day – you must then all agree to stick to them!

Top Tips

You don't need to have an outcome in your play, being in the moment provides all those feel good chemicals! It is ok to miss the people you love and can't see. Memory boxes can help with those big feelings and help us feel connected even though we can't be with them. Trying new food can be scary. It can sometimes help to see what it looks like, feels like and tastes like (If it's safe) before it's cooked.

Stay Safe - Stay Home - and have fun