



Thriving Minds For Learning
Connecting Children, Families
and Schools

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

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: Balloon Farm. Got any spare birthday balloons in the cupboard?<http://www.preschoolactivities.us/balloon-craft-idea-for-kids/>

Tuesday: Vegetable Stamps. Find some vegetables, chop them in half and then use them as stamps by dipping them in some paint then stamping them onto paper. Have a go and see what happens, peppers work particularly well!

Wednesday: Daisy Chain. Find a large area of grass somewhere nearby that you can walk to and make a long daisy chain. The adult can do the tying and the little one can do the finding if you need a sit down!

Thursday: Make your own lollies. Make healthy rocket lollies together. All you need are some melons.<https://www.greatbritishchefs.com/recipes/watermelon-ice-lollies-recipe>

Friday: Invent a secret code. Invent a secret code and write a message to members of family. See if they can crack the code! Get them to create a code as well and see if you can crack it.

Saturday: Start a business. Could you start a business in your house or neighbourhood? What would the business be? Pet sitting? Doing odd jobs such as weeding flower beds or washing windows? Think of your business idea and try and sell it to your parents

Sunday: Stretch and relax. Do an online yoga class together

<https://www.youtube.com/watch?v=F1dD6wqJ7OY>

Top Tips:

- Allow children to play freely while you follow their lead, keep them safe and enjoy the experience alongside them.
- Encourage your child to be as adventurous and creative as possible, perhaps by role modelling the activity yourself first.
- Physical activity supports children by building confidence, improving mental health and wellbeing, increasing self-esteem and allowing thinking skills to develop.
- Remember – children learn hugely through play, especially with an adult they love.

