



Thriving Minds For Learning  
Connecting Children, Families  
and Schools

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

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 and beyond.

**Monday: First day back:** Draw or write what your first day back at school is going to look like – you could talk about it with an adult or share it with a friend.

**Tuesday: Storytime:** Ask someone to read a new story or an old favourite with you. Cuddle up on a sofa or under a tree.

**Wednesday: Game changers:** Think about a game you like playing and change the rules to make it different. Play it! Does it work?

**Thursday: Play Twister:** You can either play the official Twister game if you have it, or if you don't, then you can paint or draw some spots on a bed sheet or large piece of paper and label them with the colours!

**Friday: Write a letter:** Draw a picture or write a letter for someone you miss to let them know you're thinking of them.

**Saturday: Lunchtime Art** Walk to a park, a big wide, open space or an urban area, take a pencil and paper with you. Sketch what you see in front of you, then sit a while and look at your unique piece of art.

**Sunday: Create a school map:** Create a map of your school ready for your return. Can you remember where all of the classrooms were? If you had to add a colour to represent a feeling about that room, what would it be and why?

**Top Tips:**

- When you feel wobbly, making a list or writing things down can help you feel steady again.
- Understanding and following rules are big skills for young children – playing games helps them to get better at this.
- It's ok to feel frustrated as the adult when times get hard – take a deep breath and have a cuppa.
- Being able to problem solve is an important life skill.

