

THRIVING MINDS FOR LEARNING



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

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: Something new: Do something you've never done before – perhaps something you've been scared to try?

Tuesday: Activity challenge: How many hop, skips, jumps, catches, balances or movements can you do in a minute?

Wednesday: Teach a game: Think of your favourite game as a child. Teach your child how to play.

Thursday: Rainbow sculpture: Follow the instructions here <https://www.activityvillage.co.uk/paper-sculpture-rainbowto> help. If you haven't got all of the colours, you can colour in pieces of paper. Display in your window.

Friday: Create a treasure hunt around the house
<https://www.pinterest.co.uk/pin/413134965799129559/>

Saturday: The Greatest Showman Part 2: plan your own circus show and invite your family to see your new skills.

Sunday: Plan your very own escape room.
<https://thefamilybackpack.com/how-to-plan-a-diy-escape-room-adventure-for-kids/>

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.

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