

# THRIVING MINDS FOR LEARNING



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

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 years and beyond. Adults can have fun doing them too; we are never too old to **THRIVE**.

All the activities can be adapted to use the resources you have available to you.

**Monday:** Create a picture of your safe space or your happy place using anything you can find.

**Tuesday** Using only a newspaper and Sellotape, see what you can create. Send us a photo of your creation on the schools website if you can or save them for when we return to school in a weekly photo diary.

**Wednesday** Pretend you are on Gogglebox – critique a programme with your family - make sure you are all sitting on the settee with some snacks.

**Thursday** Do some star baking, don't follow a recipe, use any ingredients you have and see what you can create....hope it tastes good!!.

**Friday** Treasure Hunt see if you can make a map so all the family can search for the hidden treasure. You can do this indoors or out in your garden.

**Saturday** Make a family picture or mosaic of all the things you are grateful for and make you feel happy.

**Sunday** Everyone stay up late and stargaze see how many stars you can count?

**Top Tips:** Draw up a routine of what you are doing and when. Keep cardboard boxes or clean recycling objects to use for arts later. The emphasis is to be alongside and have fun, even if they do not win the game or things don't quite go to plan.

**Stay Safe Everyone and have fun**