



Thriving Minds For Learning
Connecting Children, Families
and Schools

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

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: Family bunting: For each member of your family, create a piece of bunting. You could draw them as Superheroes. What is their superpower?

Tuesday: Photo albums Look through photos of yourself as a younger child. How have you changed?.

Wednesday: Superhero yoga Build superhero strength and have fun with yoga.<https://www.youtube.com/watch?v=7i0tUVNHfLA>

Thursday: Lego Yourself! Make a Lego mini version of yourself. What superpowers have you got?

Friday: Tell a story: As a family, tell a group story where someone starts it off and then everyone adds to it. Is it a true story or an imagined one? Maybe a bit of both...!:

Saturday: Learn how to fingerspell using British sign language. Get a friend to learn too so you can have conversations!<https://www.british-sign.co.uk/fingerspelling-alphabet-charts/>

Sunday: Quiz night Guess the Disney Character.
<https://www.youtube.com/watch?v=11hT-KbeiTE>

Top Tips:

- Role modelling as a parent can be a powerful way to show children how we can interact with each other.
- Imagination can help manage big feelings for both children and adults
Remember – it's ok to say no.
- Learning about boundaries is an important life skill Exercise helps us to stay calm and focussed.