

# THRIVING MINDS FOR LEARNING



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.

**Monday:** Card pyramid - can you build a pyramid out of playing cards? Click here to see how!

**Tuesday:** Indoor bowling alley - stack up some plastic cups, plastic bottles or blocks, and create your own bowling alley. Use a ball to roll down and see how many you can knock over.

**Wednesday:** Creative exploration - seeing the world through a news lens. Create your own Anime character <https://www.youtube.com/watch?v=c10cL420cqw>

**Thursday:** Novelty - creating new experiences in challenging ways stimulating senses and emotions. Make giant bubbles! You never outgrow bubbles.

<https://www.stephstwogirls.co.uk/2014/05/how-to-make-your-own-huge-giant-bubbles.html>

**Friday:** Create a giant paper aeroplane. Follow the link to see how you can make your own. <https://www.youtube.com/watch?v=bjpYVn3ne94>

**Saturday:** Learn a bunch of jokes and tell them to your family. You could use this link to learn some jokes that you have never heard before.

<https://www.onmoxieandmotherhood.com/around-the-house/kids-activities/best-jokes-for-kids/>

**Sunday:** Social Engagement - important connections such as mutually rewarding relationships. Set up a face to face virtual meeting with friends or family. Share something you have made for each other to show how special they are to you.

**Top Tips:** Adolescence is a time of significant brain growth, restructuring and development. Neuroscientific research and understanding, informs how we as adults can support adolescents to flourish and Thrive. As adults it is helpful for young people to have us

alongside them to reflect on their thoughts, feelings and experiences. It is useful to think with them when solving problems rather than offering up all the answers, coming up with solutions together. Making the most of small moments to connect during the day through a shared activity, meal, walk or whilst relaxing on the sofa, will help young people have a full cup to face any potential challenges or difficult feelings.