

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: Pretend you are interviewing somebody famous or a real-life hero (it could be a doctor or nurse) – what would you ask them? Make a list of some questions you would ask them and pretend you are interviewing them on TV. Take it in turns to be the interviewer and interviewee.

Tuesday: Use different cushions or chairs in a room to represent different points of view on: • Should bedtime be later during lockdown? • Should children have schoolwork to complete during lockdown? • Should restaurant drive-throughs be reopened? Play at moving around each of them to look at a situation from different perspectives. Make this fun and not too serious.

Wednesday: Watch <https://www.youtube.com/watch?v=6rZSP9Qqngk> Catching Kayla. Discuss as a family - what challenges did Kayla face? How did she overcome them? How might Kayla have felt?

Thursday: Create a coat of arms that represents you and your family!

Friday: Make a culinary creation! Will it be blue beans or a mash up?

Saturday: Make a game of 'Guess Who' using pictures of your friends and family!

Sunday: Try these mindfulness activities <https://kidshealth.org/Nemours/en/teens/mindful-exercises.html>

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.

Stay Safe Everyone and have fun