

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 Create an exercise routine and teach it to everyone with your favourite music.

Tuesday Create a rap(it could be about the current situation/lockdown) get your parents to do it too!

Wednesday Play the game 'Would you rather'. For example would you rather be covered in fur or covered in scales?

Thursday Write a modern-day version of the Good Samaritan – share them to us.

Friday Do a family relay in your garden, you can set an obstacle course and have fun timing each other doing it.

Saturday Create a game with no rules.

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