

# 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:** Set up a virtual scavenger hunt for friends, see which of friends completes the list. They must send you a picture of each item!

**Tuesday:** Learn a new skill, maybe learn a new language?

**Wednesday:** Learn an ancient Egyptian skill

<https://www.kidspuzzlesandgames.co.uk/wp-content/uploads/2013/09/Hieroglyphics.pdf> – write your name in hieroglyphics, make a sign for your bedroom door.

**Thursday:** A dilemma to discuss with your family: you visit the shop and buy some sweets with a £10 note. The shopkeeper gives you change for £20 by mistake. What do you do?

**Friday:** The weather is warming up. Create a new mocktail and try it out with your family members - see what they think?

**Saturday:** How about you try out this Dance Monkey Zumba

<https://www.youtube.com/watch?v=GRM9h8EQ6Bw> as a whole family.

**Sunday:** Wow another busy week! Try to relax with this guided visualisation

<https://www.youtube.com/watch?v=64QzBuhsyuk>. Take all the cushions and pillows and make a cosy den too.

**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**