

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 a piece of artwork that shows the support for the heroes supporting our country. Display your designs or send them to your school website.

Tuesday: Have a go at the gratitude scavenger hunt
<https://www.pinterest.co.uk/pin/503418064598993124/>

Wednesday: Jigsaw puzzle Share a puzzle together. You don't need to finish it in one session – come back to it and make it a family activity/challenge.

Thursday: Set up a virtual movie night with your friends and family! Then review the films - which is the best film you have watched?

Friday: V.E. Day Celebrations make some union jack bunting - make a picnic tea together - watch Winston Churchill's speech (3pm) and have a yard/garden/outdoor/indoor celebration of 75 years since the end of World War Two.

Saturday: Plan a dream trip! What are you planning to do when lockdown is lifted, where will you go? What will you do? Who will you go with?

Sunday: Create either a family tree, or draw a tree of connection, put all your friends and family on it!

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