

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: How to train your dragon? Make your own out of pipe cleaners.
<https://frugalfun4boys.com/felt-pipe-cleaner-dragon-craft/>

Tuesday: Write a letter to Mr Johnson airing your views on school return.

Wednesday: Create a takeaway – cheeseburger, fish and chips, wrap it up and take out to the garden!

Thursday: Make your own bath bomb and chill out
<https://www.bbcgoodfood.com/howto/guide/how-make-bath-bomb>

Friday: Download an app for stargazing. Try the NASA app.

Saturday: Some of you would just be finishing SATS – plan your after SATS party or create your own May Music Festival! Plan the party food, play list or maybe camp out.

Sunday: “Unplug” - take time away from electrical devices and help out at home today – wash the car, cook, help tidy?

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.

