

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: Sit down as a family and allow the children to make up the rules for the house for 1 day – you must then all agree to stick to them!

Tuesday: Create a song or a rap to your favourite tune in support of all the frontline workers. Get the whole family involved and if you have musical instruments use them alongside.

Wednesday Movie Time: Choose your favourite movie and sit down together to watch it as a family. After the movie do a review and give it a score out of 10 stating your reasons.

Thursday Pizza! Make and eat together your favourite pizza. Go wild with your ingredients. Try out what the food feels like and tastes like. You could even try a chocolate pizza!!

Friday: Write a poem to called "Life in Lockdown". Have a look at this link <https://www.youtube.com/watch?v=c6C7aANdgtQ&feature=youtu.be> for inspiration.

Saturday: Create a memory box or bag of all your favourite things/people you are missing. For example, collect objects, photos, anything that reminds you and save them. Decorating it however feels good for you.

Sunday: Write a letter to your future self, talk about how you helped your family or neighbours, the feelings you had at this time and what you wanted to be the first thing you did when isolation is lifted

Top Tips: You don't need to have an outcome in your play, being in the moment provides all those feel good chemicals! It is ok to miss the people you love and can't see. Memory boxes can help with those big feelings and help us feel connected even though we can't be with them. Trying new food can be scary. It can sometimes help to see what it looks like, feels like and tastes like (if it's safe) before its cooked.

Stay Safe Everyone and have fun