



Thriving Minds For Learning
Connecting Children, Families
and Schools

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. **Week Thirteen**

Monday: Acts of kindness. Make a list of thoughtful things to do and pledge to do them all by the end of the week. Notice how you feel when you look back at the kind acts you have carried out over the week.

Tuesday: Art from waste Create a piece of art from recycled materials.
https://www.oddee.com/item_96860.aspx

Wednesday: Make your own lollies. Make healthy rocket lollies together. All you need are some melons.
<https://www.greatbritishchefs.com/recipes/watermelon-ice-lollies-recipe>

Thursday: Invent a secret code. Invent a secret code and write a message to members of family. See if they can crack the code! Get them to create a code as well and see if you can crack it.

Friday: Start a business. Could you start a business in your house or neighbourhood? What would the business be? Pet sitting? Doing odd jobs such as weeding flower beds or washing windows? Think of your business idea and try and sell it to your parents.

Saturday: Playing tricks. Learn card tricks in less than 5 minutes!
<https://www.youtube.com/watch?v=8wFgUa2yAUo>

Sunday: Stretch and relax. Do an online yoga class together.
<https://www.youtube.com/watch?v=F1dD6wqJ7OY>

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.
- Don't worry if things go wrong - play can be fun and endings can be difficult.