

# Thrive activities useful for parents of children up to 7 years old – week five



The role of the parent and carer is to support children to find out who they are and what they like to do. With this comes greater independence and responsibility, with children learning that they can still ask for help. We have put together some activities to support healthy social and emotional development through creativity, art and play. Here are some creative activities that you can use with your child, aged 3 to 7 years.

Monday	How many shapes can you all make with your body?
Tuesday	<a href="#">Watch the diary of a worm.</a>
Wednesday	Create your own worry worms.
Thursday	Visit <a href="#">GoNoodle</a> and learn some yoga moves.
Friday	Create an imaginary world in old shoe box – we would love to see them!
Saturday	Go on a sensory walk around your house or garden. What can you see, hear, smell and feel?
Sunday	Make a junk model of your superhero!

## Top Tips:

- ✓ Imagination can help manage big feelings for both children and adults.
- ✓ It's ok to feel frustrated as the adult when times get hard – take a deep breath and have a cuppa.
- ✓ Remember – it's ok to say no. Learning about boundaries is an important life skill

# Thrive activities useful for parents of children up to 11 years old – week five



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 at through the arts, play and creativity.

Monday	Have a go at creating your family mission statement, and answering <a href="#">these reflection questions</a> .
Tuesday	Why not try to learn a skill, we think <a href="#">OP art</a> is a great place to start. Please share your pictures to our Facebook page!
Wednesday	Create a compliments tree, find some twigs and put them in a washed out tin. Cut out some paper leaf shapes, write a nice compliment for each person in your home and hang them on the tree – get everyone to add their compliments. We would love to see your finished tree!
Thursday	We have been in lockdown for a while now, it can be tricky to manage, create your list of coping tools, <a href="#">have a look here for some ideas</a> .
Friday	If a <a href="#">dog wore trousers</a> , how would it wear them? Draw your ideas and post them in our Facebook group.
Saturday	Today's dilemma to discuss with your family: You're in the middle of an intense video game. Just a few more points and you'll beat your high score. You hear Dad say it's time to turn off the game. The game's loud, so it would be easy to pretend you didn't hear. That way, you could finish the game. What will you do?  Here are some great <a href="#">sentence starters</a> to help construct your point of view.
Sunday	Relax today and draw some <a href="#">zentangle doodle art designs</a> – we would love to see them.

## 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.
- ✓ The emphasis is to be alongside and have fun, even if they do not win the game or things don't quite go to plan.

# Thrive activities useful for parents of children up to 16 years old – week five

Each week so far we have had a different focus on the elements of **ESSENCE**, we are now going to add in another element of **Emotional Health and wellbeing**, to be able to describe how we think, feel and relate to ourselves and others and how we interpret the world around us. Each week will have one of these elements for you to explore as a family.

Monday	<p><b>Emotional Health and wellbeing - Connect in with our internal thoughts and feelings.</b></p> <p>Create a “chill out zone” a safe space you can go to listen to music, read, reflect, think, relax.</p>
Tuesday	<p><b>Emotional Spark - Passion to live life fully.</b></p> <p>This is ‘a unique’ period of time in history and will be remembered for a long time. Create a lockdown Vlog: record, events, thoughts, feelings. You may interview friends or family and insert their quotes, thoughts and feelings.</p>
Wednesday	<p><b>Social Engagement - Important connections such as mutually rewarding relationships.</b></p> <p>Create a postcard either a virtual one or a real one and send it to your friends!</p>
Thursday	<p><b>Novelty - Creating new experiences in challenging ways stimulating senses and emotions</b></p> <p>Go on <a href="https://www.google.com/earth/">google earth</a> and see what bizarre things you can find. Then set up a virtual find and seek, write out clues for your friends to find them. See which of your friends find them quickest!</p> <p>Here is one to get you going, Somewhere very sandy and hot where nothing really grows is called a.....</p> <p>If you take air into your lungs you take a deep .....</p> <p>Now type your answer into the search on google earth!</p>
Friday	<p><b>Creative exploration - seeing the world through a news lens</b></p> <p>Inspiration isolaion, create a song, a picture, drawing or painting from the view outside your window – we would love to see your creation!</p>

## Top Tips:

- ✓ Adolescence is a time of significant brain growth, re-structuring 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.
- ✓ To find out more about the growth and development in the adolescent brain, [click here.](#)