

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

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 house for 1 day – you must then all agree to stick to them!
Tuesday	If you were two deadly 60 animals that merged into one, which two would you be? What would they look and what would you call it? Post your new species in our Facebook group.
Wednesday	Create a song or a rap to your favourite tune in support of all the frontline workers, we would love to hear it
Thursday	Create a <a href="#">word cloud</a> with all the feelings you have during this time in isolation.
Friday	Try some <a href="#">breathing activities</a> to help you feel calm.
Saturday	Write a poem to called “life in Lockdown”. Have a look at <a href="#">this link</a> for inspiration. We would love to see them!
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:

- ✓ 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.