

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

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.

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| Monday | Create a picture of your safe space using anything you can find. |
| Tuesday | Using only a newspaper and Sellotape, see what you can create. Send us a photo of your creation on social media. |
| Wednesday | Pretend you are on Gogglebox – critique a programme |
| Thursday | Do some star breathing exercises. |
| Friday | Doodle on a piece of paper and then see what you can make out of your doodles – email them to us! |
| Saturday | Make a picture of all the things you are grateful for. |
| Sunday | Everyone stay up late and stargaze. |

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.