

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

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	Learn an ancient Egyptian skill – write your name in hieroglyphics, make a sign for your bedroom door.
Tuesday	Get outside and find some interesting stones and create a stone pet – we would love to see them.
Wednesday	Create an obstacle course and make a set of rules to follow as you go around the course. We would love to see your ideas!
Thursday	Create an inspirational message to put in the window of your home for all to see. Upload a photo of your design to our Facebook group.
Friday	A dilemma to discuss with your family: you visit the shop and buy some sweets with a £10 note. The shopkeeper gives you change for a £20 by mistake. What do you do?
Saturday	How about you try out this Dance Monkey Zumba as a whole family.
Sunday	Wow another busy week! Try to relax with this guided visualisation . Take all the cushions and pillows and make a cosy den too.

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.