

## 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.

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.