

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

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.

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| Monday | Create a piece of artwork that shows the support for the heroes supporting our country. We would love to see your designs. |
| Tuesday | Pick out some clothes for your parents to wear today – be creative! Let us see your photos |
| Wednesday | Have a go at the gratitude scavenger hunt . |
| Thursday | Make a game with jumping frogs! Decide the rules and learn a new skill too! Make the frogs with origami . |
| Friday | Using some of the recycling items to create a masterpiece! |
| Saturday | Talk about how you are all feeling . Create a wall of expression, you can all add together your feelings during lockdown, and knock a brick away at a time. |
| Sunday | Make a worry monster with deep breathing exercises. |

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.