

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

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	Create an exercise routine and teach it to everyone with your favourite music.
Tuesday	Create a rap, get your parents to do it too! – we would love to hear them.
Wednesday	Play the game ' <a href="#">Would you rather</a> '. For example would you rather be covered in fur or covered in scales?
Thursday	Write a modern-day version of the Good Samaritan – share them to us.
Friday	<a href="#">GoNoodle – Strengthen your focus.</a>
Saturday	Create a game with no rules.
Sunday	Read a book and write a review.

### 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.