

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

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 | Watch 'Your Secret Treehouse' for a guided meditation and session. |
| Tuesday | Write a kind note to your neighbour. |
| Wednesday | Play a boardgame with the people in your house. |
| Thursday | Learn a new skill and teach it to everyone in your house – what is your new skill? |
| Friday | Find your favourite songs and all do karaoke. |
| Saturday | Lie in the garden and see what shapes you can make with the clouds. |
| Sunday | Think about some rules you can all have in your house. |

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.