

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

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 | Put together a time capsule and bury it in the backyard. |
| Tuesday | Make your own comic strip. Invent your own characters and create their own worlds! See how to create your own comic strip here . |
| Wednesday | Collect your old clothes and toys that you could give away to a charity. Teach them to play chess (or learn with them). |
| Thursday | Check mate! Have a go at learning how to play chess . |
| Friday | Have a room-cleaning competition! Assign each other a room to clean, and see who can clean it the fastest. Make a prize for the cleanest room and fastest person. |
| Saturday | Spend some time outdoors together. You could play tennis, go for a bike ride, play frisbee or go on a hike. |
| Sunday | Think of your favourite book or story, and act it out for your family. Would you make a change to the plot? Could you add a funny twist to the story or a shock that your family won't expect? |

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.
- ✓ Don't worry if things go wrong - play can be fun and endings can be difficult.