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

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	Devise an exercise routine using funky moves. We would love to see them; share with us on social media!
Tuesday	Design your own game and play with the people in your house.
Wednesday	Draw a jar and fill it with all the things you appreciate.
Thursday	Do the dog and hippo dance with all your family. Watch it here.
Friday	Sort the recycling from the rubbish and make a junk model with what you can find – send us a photo!
Saturday	Cook something you have never cooked before for everyone for dinner.
Sunday	Play the game 'Beetle' with all the family. Find out how to play here.

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.

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