

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



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    | Have a go at creating your family mission statement, and answering <a href="#">these reflection questions</a> .                                                                                                                                                                                                                                                                                                                 |
| Tuesday   | Why not try to learn a skill, we think <a href="#">OP art</a> is a great place to start. Please share your pictures to our Facebook page!                                                                                                                                                                                                                                                                                       |
| Wednesday | Create a compliments tree, find some twigs and put them in a washed out tin. Cut out some paper leaf shapes, write a nice compliment for each person in your home and hang them on the tree – get everyone to add their compliments. We would love to see your finished tree!                                                                                                                                                   |
| Thursday  | We have been in lockdown for a while now, it can be tricky to manage, create your list of coping tools, <a href="#">have a look here for some ideas</a> .                                                                                                                                                                                                                                                                       |
| Friday    | If a <a href="#">dog wore trousers</a> , how would it wear them?<br>Draw your ideas and post them in our Facebook group.                                                                                                                                                                                                                                                                                                        |
| Saturday  | Today’s dilemma to discuss with your family: You’re in the middle of an intense video game. Just a few more points and you’ll beat your high score. You hear Dad say it’s time to turn off the game. The game’s loud, so it would be easy to pretend you didn’t hear. That way, you could finish the game. What will you do?<br><br>Here are some great <a href="#">sentence starters</a> to help construct your point of view. |
| Sunday    | Relax today and draw some <a href="#">zentangle doodle art designs</a> – we would love to see them.                                                                                                                                                                                                                                                                                                                             |

## 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.