

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

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	Put together your very own 'Happiness box'. Find an unused box to decorate and add things into your box that help you to feel happy. They might be pictures, objects or photos. Pop in all you can that take you to your happy place on those days where you might feel a little low.
Tuesday	Watch the Disney Pixar short film 'For the birds' with others at home. Discuss: What message is the film trying to convey? What could people learn from this short movie?
Wednesday	Ever learned how to French knit? Make yourself a recycled French knitting Nancy . Have a try and see what you can create!
Thursday	Find out about Rosa Parks . Who was she? What did she do? Why was her act so important and significant for equality?
Friday	Family restaurant. As the family chef, cook a family favourite that you have learnt to make over lockdown. Set your table to create your family restaurant for a night of good food and better company.
Saturday	Being in the present outdoors-listening. Close your eyes, take a few deep breaths-bring your attention towards what you can hear. Notice: which sounds are most obvious, which are in the background, which come and go, which are constant.
Sunday	Imagine 6 months from now. Draw or write what could look different, what challenges you will have faced and the positive changes you want to make. Focus on possibilities like feeling more confident about new learning, a new interest or building new friendships.

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.