

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

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	Plan your very own escape room .
Tuesday	The Greatest Showman Part 2: plan your own circus show and invite your family to see your new skills.
Wednesday	Create your own grass head .
Thursday	Create a treasure hunt around the house.
Friday	Make some ninja stress balls .
Saturday	Try The Oti Mabuse Cha Cha challenge .
Sunday	Reflect on how you're feeling this week with a drawing or collage.

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.