

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

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	Learn how to fingerspell using British sign language . Get a friend to learn too so you can have conversations!
Tuesday	Explore how to create a Stop animation film . Download and explore a free stop animation app such as Stop Motion Studio or Stop Animator.
Wednesday	Create a storyboard or cartoon strip to tell a story for your very own Stop-Animation film.
Thursday	Make some playdough in different colours. Create a game with your family around a given theme for example, The Simpsons characters. Can you guess each other's creations?
Friday	Create characters using your playdough ready for your filming tomorrow! Draw your characters first if it helps. Make sure they don't dry out before film day!
Saturday	Take One! Get yourself set for a day of filming to create your Stop animation movie. We'd love to see your film debut.
Sunday	Choose a day that you're feeling happy and write a letter to yourself to read when things are more difficult. Remember to include advice about things that have helped you to cope in the past. Read your letter to remind yourself that you have days when you feel less anxious and your mood improves.

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.