

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

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 a time capsule and bury it in the backyard.
Tuesday	Make your own comic strip. Invent your own characters and create their own worlds! See how to create your own comic strip here .
Wednesday	Collect your old clothes and toys that you could give away to a charity. Teach them to play chess (or learn with them).
Thursday	Check mate! Have a go at learning how to play chess .
Friday	Have a room-cleaning competition! Assign each other a room to clean, and see who can clean it the fastest. Make a prize for the cleanest room and fastest person.
Saturday	Spend some time outdoors together. You could play tennis, go for a bike ride, play frisbee or go on a hike.
Sunday	Think of your favourite book or story, and act it out for your family. Would you make a change to the plot? Could you add a funny twist to the story or a shock that your family won't expect?

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.